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A NEW AND COMPLETE GUIDE TO HEALTH

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PREFACE.

Nearly everyone who views the fate of his fellow creatures with real compassion must experience a deep despair at the sight of the misery which prevails around him.

The multitude has, indeed, so far accustomed itself to this unhappiness, its concomitant circumstances and results, as to jump to the false conclusion that there is no remedy, and that poverty, sickness and misery cannot be banished from the world! Even I myself once belonged to those who were satisfied with such a narrow-minded view. It seemed to me inevitable that an age so advanced as ours, which had made in all departments such wonderful discoveries and in which the advancement of the general welfare of mankind played such an important part, would not remain behind where the mental and physical weal and woe of self is at stake.

The more, however, I studied the rules of the laws of Nature, and the more I followed them, the more was the painful conviction forced upon me that mankind of to-day is, as it were, struck with blindness when it is a question of protecting oneself from sickness or of healing o ıeself of such ailments as have been systematically contracted. At the slightest cold the doctor must be called in; if he gives the ailment a foreign name and prescribes a few mysterious medicines, the patient is satisfied. Why is the Natural Method of Healing regarded with so little attention and consideration by the people?

MERELY BECAUSE ITS LAWS ARE TOO SIMPLE.

For with the simple prescription of diet, water, air and light the Natural Healer cures all diseases, of whatever standing, provided they are curable; for this method of treatment requires that there should be sufficient vitality of the body to enable a reaction to follow and the crisis to be got over.

The above-mentioned four fundamental healing factors remain constant, but the forms of their application vary infinitely in their succession

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and gradation. And what does the Natural Healer require of his patients? Nothing but absolute confidence in his method, the only correct one, unswerving obedience to his instructions and a firm will. If the patient possesses these qualities, the Natural Healer can generally guarantee a perfect cure.

But how is it to be expected that the multitude should feel themselves drawn toward water in the days of sickness, when in time of health they view it with a certain repugnance? And how many never take a bath at all!

The purpose of this work is to gradually impress the immense value of the Natural Method of Healing on the public, who turn their backs upon it, not because they know it, but because they do not know it. Consequently it is necessary to place before them something useful and sensible rather than such rubbish as is to be found in prospectuses and advertisements of pills, potions, painkillers, etc., which are so often nowadays imposed on a credulous public.

However, it is highly improbable that an exhaustive treatise on the Natural Method of Healing will meet with the appreciation to which its subject should entitle it. Therefore, to make this work even more useful, I have appended to the article on the Natural Method of Healing a number of paragraphs which must be of the utmost practical value for all, containing as they all do full directions as to Mixed Diet (preparation of food), Curative Gymnastics, Lung and Breathing Gymnastics, Ventilation, Massage, Artificial Respiration, Diseases of Women, Swimming, Mushrooms and Magnetism, with upward of seven hundred illustrations.

I have also done all that is possible to ensure the general adoption of this book and the Natural Method of Healing, and for this purpose I have collected numerous reports of cures, which are the best testimony of the efficacy of the Natural Method of Healing.

For all who know how to appreciate it, this book will be a faithful counselor in days of sickness and of health.

May the heartfelt conviction with which I have written this book bear a rich harvest, to my joy and to the benefit of my fellow creatures.

Dresden-Radebeul, July, 1900.

F. E. Bilz.

Motto: „Wasser thut's freilich, höher jedoch steht die Luft, am höchsten das Licht."

Water is a potent factor in healing, still more so is fresh air, and light most of all.

THE NATURAL METHOD OF HEALING AND ITS MERITS.

The Reader Should Consult the Chapters:

"THE NATURAL METHOD OF HEALING," "GENERAL PRINCIPLES OF THE NATURAL METHOD" AND "MODES OF APPLICATION."

Introduction to the Natural Method of Healing.

1.—During a water treatment in any form, the body, and more particularly the feet, must be sufficiently warm; the patient should therefore never be treated when he feels chilly.

When the skin is cool he must try to produce warmth by friction with a dry towel, by dry packs, exercise, going to bed, foot-steambaths, foot-steambaths in bed, etc. The most suitable time, therefore, for treatment with water is generally after getting out of bed in the morning, when the patient is sure to be warm.

2.—Applications, as for instance, stimulating compresses on the whole or parts of the body, packs, etc., are also suitable immediately before going to bed.

3.—A cool room must be warmed before any form of water treatment be undergone by a patient in it.

4.—No application must take place either shortly before or shortly after meals, more especially those forms of treatment calculated to greatly stimulate the body.

5.—No application must take place after unusual excitement or exercise, which puts the blood in motion; the tranquillity must first be restored to avoid injurious results.

In cases of fever, on the other hand, when the blood is constantly in motion, a judicious treatment will, on the contrary, be very beneficial.

6.—After a water application (packs, baths, etc.), care must be taken to speedily restore warmth by exercise, friction, bed, hot water bottles, etc. The two latter means should only be resorted to when the patient is too weak to acquire warmth by bodily exercise.

7.—After a warm bath, steam-bath, as well as after stimulating and warm packings, compresses, a cooling down of the body must follow in the form of douche baths, affusions, irrigations, lavations with cool water, to prevent catching cold.

8.—After any application of water a pause must be made before a second treatment can take place, long enough for the body to completely recover its warmth, and until an agreeable sensation of comfort has supervened. It should be the aim, therefore, to attain this object speedily. Above all, however, the patient should not be importuned to exert himself too much, but time and rest should be allowed him to act on his own initiative.

9.—It is advisable to give the patient fresh water to drink occasionally, large quantities should never be taken at one time, but rather an occasional sip, but not contrary to his inclination. (The water may be given a little warmer if he so desires.)

10.—A sick person must abstain from stimulating food, in many cases be allowed only invalids' diet. (See Article on Diet.) Neither must he, on any account, eat too much, nor too often. (It was Professor Trall, as far as we remember, who made the remark in his book, that he had worked wonders in many chronic cases by allowing the patients not more than one or two meals a day.) But in this respect also it is advisable to avoid extremes.

11.—The utmost care should be taken to ensure sufficient and, more particularly, efficient attendance. Many—nay, most of the fatal cases which occur after the adoption of our treatment happen through the lack of expert attendants. Moreover, the sheets, blankets, baths, compresses, as well as a syringe or irrigator (little can for rinsing), wanting in a good many families, should be of a proper size to be really useful, because a favorable result is only attainable by strictly adhering to our instructions. The utmost cleanliness is necessary in the use of linen and silk compresses. A double supply of materials for packs should always be at hand, so as to ensure clean cloths for every packing. The cloth which has been in use, and which in consequence has absorbed a great deal of impure water, must be put into tepid water, well washed, and after having been rinsed in cold water, be hung up in the open air to dry. When the packs are frequently changed, the same sheets, after being well washed in tepid water, may be

immediately used again; but, of course, they must first be put into the water meant to be used for the packing, and then wrung out. Still, it is advisable, for the sake of cleanliness, to pay attention to the above suggestion. The blankets, too, must be hung up in the open air occasionally. We request the strictest adherence to these instructions, as in these points particularly the greatest mistakes are committed.

12.—Let the patient always have requisite rest, and let fresh air be provided in the sick room. Before entering upon the treatment, it is necessary to be quite sure in every case of illness whether to apply stimulating, soothing, cooling or deriving forms. To carry a case to a successful issue, not only should the few lines bearing upon the particular illness be read (otherwise much benefit may be missed), but everything that is said in other parts of the work and under different heads about the suitability of the measures recommended for patients with different constitutions, of different ages, sexes, etc., and more especially all that relates to the vital power of the particular patient. The more the book is studied the more perfect will be the insight which the reader gains into what he is to do and what he is not to do in a particular case. For this reason the book should not merely be consulted when illness knocks at the door, but in the days of health, when there is leisure to gain information and enlightenment. It is then that the telling force is felt of the good English proverb: "Forewarned, forearmed!"

13.—Never disturb a patient in his natural sleep to make any application whatever being an injunction we would impress upon every sick-nurse. There is not a more beneficial remedy for illness than sleep. It frequently happens that the severest illness takes a favorable turn in consequence of a sound sleep. Exceptions are, however, admissible in cases of fever patients, because the sleep is only apparent, and sleeping fever patients with a very quick pulse, say, one hundred and twenty beats a minute, must, according to the plan of treatment, be placed in a cool packing, bath, etc.

Breathing fresh air also exercises a most rapid and beneficient influence on a patient. The window in the sickroom should, therefore, be open. Let it be shut while the patient is being bathed, or is undergoing a fresh packing. It may be closed now and then, if the cold outside is very intense, because a certain amount of heat is required by and is beneficial to some patients. Let those able to walk enjoy the open air as much and as often as possible.

14.—Mild baths (92° to 94° F.) should be the only form of application to patients who are too weak to get warm again quickly. In such cases an invalid has first to be strengthened by a preliminary tonic treatment (see this article) to render him more capable of resisting cold before passing to a proper course of water treatment.

15.—Reaction is called forth in persons who are at all capable of producing it in the proportion as the water is cold—i. e., the colder the water the more rapidly and the more abundantly does the blood, repulsed for the time by the stimulating cold, return to the surface of the body and to that part which is under treatment.

16.—Be it observed, that bathing with warm water, warm compresses or baths above 100° are seldom applied and rarely to be recommended, because (a) the skin gets relaxed by them, and (b) the activity of the nerves is lowered, the process of assimilation, instead of being promoted, is arrested and interfered with.

It is only as an alleviating agent, when there are violent pains, that warm water may be applied as a necessity, and then only for a short time, because of its nerve-soothing, cramp-stilling properties. (See hot packs.)

17.—A patient undergoing a detergent or deriving course of treatment (such as hip-baths, foot-baths, foot-steambaths, etc.) must not read during an application, because mental exertion draws the blood to the head and makes electricity active in the brain.

18.—The symptoms accompanying an illness, such as are indicated in each particular case, may all appear simultaneously or only one at a time.

19.—The patient is enjoined to be of good cheer and as hopeful as possible, for that, too, is an important factor in the work of healing. A patient full of faith and hope regains convalescence far more easily and far sooner than one who is despondent. For implicit faith in the physician and his treatment is half the battle, and not seldom the whole battle. It is therefore well to inspire the patient with hope and courage by telling him truly that our natural method of treatment effects absolutely miraculous cures. Thousands of patients, given up by medical men, have been cured by our method. On this subject we refer to the many successful results (reported cases of patients) enumerated at the end of each article. A patient should never be exposed to cares and vexation.

20.—If alleviation, improvement and cure do not immediately result, let our natural treatment nevertheless be quietly proceeded with—i. e., a suitable course, such as a clever Natural Healer would prescribe in all critical cases. The result will, without fail, be satisfactory. At any rate, the patient will always save at least half the time (in most cases more) required by a regular allopathic practitioner.

21.—Although an application is or may be made even for slight indisposition, it is not right to plunge headlong into a course of treatment, or to go to bed and fancy that it is a serious case of illness, as happens with a good many people. Imagination plays a great part. The philosopher Kant says: "The inclination to be ill is wrong, for the will can effect a

great deal. To exercise the will is to exercise the nerves." It would often be very much better to keep in motion, perhaps to take a walk in the open air, or to try gymnastics indoors, or the gymnastic breathing exercises with the window open.

The disturbances in the system may have been caused by lack or insufficiency of bodily exercise, and can therefore be quelled by proper activity (gymnastics, etc.). Very active housewives, mothers of many children have often no time to fall ill, because they have plenty of work and exercise. Even when the disorders result from other causes they are mostly removable by means of general gymnastics. But also too much mental or bodily exertion and overwork often lead to irregularities in the human system. Rest is the one thing most needed here.

22.—Children showing an aversion to an application should never be treated harshly. Rather use water a few degrees warmer at the commencement, and try by gentle means to induce them to get into a bath, pack or compress. Allowing children to get highly excited, as often happens through injudicious treatment, often causes more harm than good, but when they cry from sheer naughtiness an application once considered imperative should be carried out. The treatment of a child must be very carefully considered, in order to induce it to do what is required. We must to a certain extent have regard to its individuality—i. e., take its peculiarities into consideration. We often find that children, who get excited when being packed by their parents, will quietly submit to the treatment when carried out by some one else. We urgently advise the reading of the article on "Children, Diseases of."

23.—For patients accustomed to a colder treatment the given temperatures in the various courses of treatment may be reduced by 2°—4°. On the other hand, for such patients as are very emaciated, feeble or suffering from poverty of blood, and children and adults who are afraid of water, may, under some circumstances, be treated with water of 2°—4° higher temperature than prescribed.

24.—Whoever adopts the natural treatment and yet takes medicine in addition, as is done sometimes, greatly impedes and prevents recovery—nay, often renders a cure quite impossible.

25.—See also: 1. "Fever Treatment"; 2. "A Few Hints on the Natural Method of Healing in General"; 3. "Precepts and Sayings"; 4. "Forms of Treatment for All Kinds of Diseases"; 5. "Massage"; 6. "Cases, Reports of"; 7. "Concluding Remarks." (See Index.)

We also advise the reading of the various articles on the nursing of patients, non-stimulating diet, patients' diet, and its appendix, as well as

the treatment of fever; stimulating enemata in constipation, costiveness, massage of the stomach and curative gymnastics. At the same time the reader, when looking for the form of treatment, or may be for other articles arranged in alphabetical order in this work, is advised to look through the index, as the contents of this work are indicated there more fully than was possible or practicable in the alphabetical order in which the book is arranged.

26.—Each form of treatment, as given after the description of each disease, is in many cases doubly efficacious when combined with a course of massage performed by an expert. For this reason it is well to peruse the article on massage several times, and other books on the same subject should be read, too, and the illustrations well examined in order to become by degrees fully familiar with the topic.

The forms of treatment given here should be applied most scrupulously. First and foremost, never indulge in exaggeration; small means often effect great results. It is nature that cures, not we. In serious cases everyone who has not yet mastered our system of cure should always consult a physician, an advocate of the natural treatment (not a medical man, eager to apply his physics). If such a one is not at hand, it is a more imperative duty to become as speedily as possible conversant with the method of the natural treatment. If the correct course be pursued at once the malignant character of the disease will in most cases yield to a milder one in a comparatively short time. With wrong treatment, however, the disease will get worse, or at best be protracted. The principal point, therefore, is to have due regard to the patient's individuality—*i. e.*, to consider well what forms of treatment are the most suitable for him in his condition, and there is no doubt that one who is at home on this ground will be better able to determine this than an uninitiated person.

In order to obtain a correct view of this method of healing, and before being able to act with intelligence, it is all-essential to know that it is not the remedies we apply which cure, but that the power of healing resides in man himself. Divine nature placed it there at the creation of each being. Thus it is not necessary that we should swallow this power of healing, this vital power, in the shape of physic, pills, decoctions, etc., or to apply it to the limb of a patient by means of a plaster in order to affect a cure. No, this power has long been inherent in us. It is this self-same vital power (called here power of healing) that preserves our life from day to day, from year to year, and manifests itself daily and hourly, at the same time healing the countless injuries, disorders and diseases which befall the body, and adjusting them.

Our only task then is to aid this vital power, and the subject of this present work is to thoroughly teach how it may be done.

Now that it is known that we cannot heal a disease with the remedy we apply, but that it is the vital force within us which heals, and that we need but aid it, our position becomes a far easier one. We can approach the sick-bed with greater composure, with the calm consciousness that nature ever takes the right road to heal a disease. To further this healing process we must refrain from placing obstacles in its way by withholding the principal elements, viz., fresh air, light and water, or, worst of all, by taking medicine. If we do this we impede recovery and cause the diseases to assume a more malignant form and to terminate fatally.

Many thousands of diseases might have been avoided if nature had not been hampered and prejudiced in her mild healing process. Millions of severe cases of illness would have been thoroughly cured if, at the commencement, a proper natural treatment had been employed. In the interest of every sufferer let us hope that the day may speedily dawn when a change in the treatment of diseases will be made. Then will those who have recovered from illness be healthier than they were before their sufferings, and subsequent illness, now a corollary to medical treatment, will be a thing of the past. Illness will be limited to the shortest possible duration, the fear of dangerous and contagious diseases will subside, and bodily ailments almost entirely disappear in the course of time, since humanity will, with the spread of our natural method of healing, have found the key to the problem of our great reforming movement—the prevention of disease.

DISEASES OF ALL KINDS

IN ALPHABETICAL ORDER.

As many diseases make their appearance in an "acute" form (i. e., inflammatory, running a quick course), and "chronic" form (i. e., lingering, returning), both forms, the acute and chronic, are treated of separately, for the purpose of bringing them clearly into view.

A.

ABDOMINAL COMPLAINTS. This term is applied to the diseases, inflammation and displacement of the female sexual organs—e. g., vagina, uterus, ovaries, which usually have their origin in an irrational mode of dressing, tight lacing, etc.

The treatment of these diseases will be found under the various headings.

In general, daily cool or tepid hip-baths, syringing, local compresses, internal massage by the Thure Brandt Method, as well as a treatment of the whole system are advised.

In a wider sense, affections of the organs lying in the abdominal cavity —e. g., stomach, liver, intestines, bladder and kidneys are understood by the term abdominal complaints. For treatment see the various headings.

An effective auxiliary to stimulate the abdominal functions is massage, by kneading the abdomen. It is performed with the patient lying in comfortable dorsal position, in which the abdominal muscles are least exerted (best in the morning and in bed). The thumbs are placed on the sides under the ribs, a good way back, and form the fulcrum from which the outspread fingers of both hands manipulate the anterior surface of the soft abdominal covering, and by turns vigorously knead the abdomen for a few minutes. Still greater stimulation is afforded by the vibration by pressure, in which the entire surface of both hands presses the abdomen down simultaneously and then being quickly removed produces a vibratory rebound of the elastic abdominal covering and its underlying intestines. The most forcible stimulation is created by beating the abdomen with the fists for several minutes. If the abdominal pains are not accom-

panied by inflammation—as in convulsions, colic caused by flatulence, and such like complaints—friction of the abdomen simply with the flat hand on the bare skin, especially circular friction of the region of the navel, continued for from five to ten minutes, affords great relief, and if performed regularly serves besides to increase the sluggish action of the abdominal organs. All who suffer from slow circulation of the blood in the portal venal system are recommended in addition to resort to continual deep respiration, as the best means of assisting the veins, most subject to stagnation, in getting the blood pumped up straight into the lungs.

The position of the body in bed of patients afflicted with chronic abdominal complaints also requires consideration. The dorsal position, which is most conducive to health, because it admits free, unimpeded breathing, is here, too, the best one, because the abdominal organs are thus least exposed to pressure, and because the whole body does not lapse so easily into those cramped-up positions which may be assumed when the patient lies on his side. Especially when organs like the liver and spleen—situated in the side of the body—are chronically affected, it is necessary to avoid the right lateral position in the first case, and the left lateral position in the second. Patients suffering from abdominal complaints, when they are sitting for some time, must guard against crossing the legs.

In long standing complaints of the stomach, liver, etc., "Curative Gymnastics," particularly Group I, more especially chopping movement and lateral body movement will be found highly beneficial.

ABDOMINAL PAINS are sometimes assignable to direct causes, such as poisoning, peritonitis, intestinal inflammation, gall-stone, gravel, hernia, defective menstruation, etc. Frequently, however, they are merely the result of a cold in the intestines, excessive accumulation of gas in them, constipation, colic combined with diarrhoea, etc.

TREATMENT.—First treat the original disease, next apply stimulating abdominal compresses and enemata, also steam-bath in bed, or box-steam-bath, the latter to be followed by full pack, and both by lukewarm bath (88°). In cases of diarrhoea the best applications are massage (pressing, kneading, stroking) and hot compresses on the abdomen. For internal inflammation use soothing compresses. See "Colic," Inflammation, etc. For treatment with massage, see "Colic." (For Modes of Application, see Index.)

ABDOMINAL COMPRESS. See Index.

ABDOMINAL PACK OR BANDAGE. See Index.

ABDOMEN AND INTESTINES, Organs of the. See "CHEST AND ABDOMINAL CAVITY, ORGANS OF THE."

ABDOMEN, Inflammation of the (inflammation of the intestines, liver, kidneys, spleen, peritoneum, etc.).

TREATMENT.—Apply soothing trunk-compresses, 60°—70°, folded once or twice, according to the heat, and wrung out more or less dry. Change them as patient desires every hour or two, and continue them as long as there is any inflammation. Apply at the same time stimulating, tepid (69°) foot and leg-packs, the duration of which must depend on patient's condition, say, one and a half to two hours. Rub the legs (69°) afterwards and knead them vigorously. One or two sponge baths (73°) (morning and evening), should follow, and a small cool enema, from half to three-quarters of a cupful of water, every three or four hours. If there be much fever apply only a three-quarter pack with extra compresses on the abdomen for about one hour at a time. For cold feet use a hot water bottle (see Art.) filled with boiling water and wrapped in damp flannel. Ventilate well by keeping the window open, and give only cool, non-stimulating food. See also Peritonitis, Enteritis, etc. (For Modes of Application, see Index.)

Abdomen, Massage of the, see Index.

Abdomen, Rupture of the, see "RUPTURE".

Abdomen, Spasm in, see "KNEIPP CURE".

Abdominal Rupture, see "HERNIA".

Abdominal Troubles, see "KNEIPP CURE".

Abortion, see "WOMEN, DISEASES OF".

ABSCESS. An abscess is the result of some local inflammation which causes pus to form, and develop in a confined space. There are two kinds —hot and cold abscesses. Sometimes the pus contained in an abscess sinks by its own specific weight to some distance from the seat of the inflammation.

SYMPTOMS OF THE HOT ABSCESS. These are redness, swelling, pain, loss of elasticity, increased temperature and feverishness. THE COLD ABSCESS, which develops slowly and without pain, shows a red color and higher temperature, and is met with in persons whose "physique" is weakened, and who suffer from poor and diseased blood.

TREATMENT.—If the abscess is only forming, try to mitigate and disperse it by steam-baths in bed, and extra compresses on the affected part. If in a more developed and matured state it must be steamed several times, and covered before and afterwards with local tepid compresses, very wet (66°—77°), either soothing or stimulating, according to the patient's condition. The compresses must be changed when dry and troublesome to the

patient. (The linen used for the compresses must be folded two or three times, or even more.) If the pain is excessive only soothing compresses must be applied, and constantly changed if the pain increases. Lancing or pricking the abscess is rarely necessary. With this treatment the abscess always opens of itself. See "BAD HEALTH."

Lancing may sometimes be necessary in cases where the skin is hard and horny—e. g., in the palm of the hand, or if the pain, which often increases in violence, in consequence of increased collection of pus, becomes intolerable. The patient must confine himself to non-stimulating diet and avoid all spirituous liquors as well as tea and coffee. When the abscess is of long standing, or returns repeatedly, give some stimulating full or three-quarter packs, and then apply steam and steam-baths in bed, together with soothing extra compresses on the abscess. When the blood is bad—a frequent cause of cold abscess—formation of better blood must be aimed at by a strengthening or regenerative treatment. (For Modes of Application, see Index.)

ACCIDENTS, First aid in. Every help should be undertaken with presence of mind and composure without haste and hurry.

The Transport of an injured person can be accomplished as shown in figures 1 to 6.

APOPLECTIC FIT. Remove all tight clothing. In case of determination of blood to the brain (dark red complexion) place the head in a raised position. Then 72° compresses round the head and neck to be changed on getting hot. Leg pack of 68° with hot-water bottles to the feet, calves and thighs (77°), enema one pint and frequent swallowing of water a mouthful at a time. Call in a Natural Healer as soon as possible. See also "APOPLEXY."

ARTIFICIAL RESPIRATION plays an important part in many casualities, drowning, suffocation and so on, see Index.

BANDAGES should be arranged so as not to be tied tightly at any place, but if they are they should not remain so long, otherwise a severe swelling of the part below the bandage will soon arise, and if not relieved in time mortification will set in (see Fig. 13). See also under "BLEEDING."

BITES OF MAD DOGS or other animals suspected of rabies. Stop the circulation at once above the wound by means of pocket handkerchiefs, string, etc., so that the poison may not penetrate further into the body. The wounds should be cleansed with cool water, and cool stimulating extra compresses applied immediately. Try by quick walking, box-steambath or steam-bath in bed with extra compresses on the wound to promote

profuse perspiration. Packing and steam-baths to be repeated for some days. See also "HYDROPHOBIA.'

BURNS. Spread the white of an egg over burns, or lay on them pieces of linen dipped in salad oil, and apply very wet compresses which must be changed every ten to fifteen minutes. Grated raw potatoes or curds may also be put on them. If articles of clothing should catch fire, the burning person should immediately throw himself down and roll on the ground or instantly undress if possible, or he should be tightly wrapped in a cloth, carpet, etc., thrown on the ground and rolled over and over to stifle the flames. If considerable parts of the body are burnt and a Natural Healer is not on the spot, then the injured person should be carefully undressed in a warm room. Pieces of clothing adhering to the body must not be torn off, but cut and carefully loosened in small pieces, so that the skin may not be still further injured; or, still better, immerse the burned places with the clothes for some time in water. Blisters should not be pricked. Baths of 90° to 92° soothe pain and induce recovery in cases of larger and more serious burns (the injured parts to be put under water). The formation of proud flesh can be prevented by cold syringing or cold compresses. See also "BURNS."

Transport of an Injured Person.

Fig. 1.

BLEEDING is best stopped with hot compresses, as hot as can be borne, as thus the whole vein is relaxed, the circulation arrested and coagulation of the blood follows.

A piece of cotton dipped in hot water may also be laid on the wound. In serious injuries to large veins it is necessary to tie up the limb above or below the wound with a handkerchief, pair of braces, belt, string, etc. (Figure 9). If such articles are not forthcoming, the bleeding may be stopped by pressure on the arteries (Figure 10), apply to a doctor immediately to tie up the arteries. See also "HEMORRHAGE."

BLEEDING AT THE NOSE should only be stopped when violent and weakening. Put cold water compresses round the head and neck, give trunk packs and warm foot baths. Rest with head in a raised position. In

some cases give a Kneipp neck affusion of 59°, one can-full. See also "NOSE, BLEEDING AT THE."

BLOOD POISONING. Wash the wounds well with water. Apply steam and packs locally, and if the poison passes into the blood, steam box-baths, steam baths in bed, etc. See article on "BITE OF A MAD DOG" and also on "POISONING."

CUTS AND SLIGHT WOUNDS. Cleanse by rinsing with warm water—if possible with water that has been boiled. Bring the edges of the wound close together, bandage with thick, wet compresses. Pain and bleeding can be stopped by hot baths and compresses. See "WOUNDS."

COLD, EFFECTS OF EXTREME, and FROST BITES. Carry the individual on a stretcher or litter, with a layer of snow underneath him, into a cold room with the greatest care lest parts of the fingers, nose, ears, etc., be broken off—frost bite renders the affected parts as brittle as glass.

Transport of an Injured Person.

Fig. 2.

A frozen person is irrecoverably lost if brought at once into a warm room. In the cold room he is carefully undressed, laid on a bed of snow a foot or two high, and the whole body well covered with snow, only the mouth and nose remaining free. He is left there until completely thawed and his limbs show signs of movement. If no snow can be obtained, then a

cold bath is given, with cautious rubbing, or he is carefully rubbed with cloths dipped in ice-cold water. When the frozen person recovers consciousness put him in a cold bed, and rub his body with warm cloths; warm the room very gradually, and avoid any rapid raising of his temperature. See also "EFFECTS OF EXTREME COLD."

CONVULSIONS AND FITS. Do not attempt to force open clenched hands, and take care that the sufferer does himself no injury by striking wildly about him. Loosen all tight clothing, sprinkle face, chest and back with cool water. Push a piece of cork or wood between the teeth

Transport of an Injured Person.

Fig. 3.

to prevent injury being done to the tongue. In case of *convulsions with children* open the bowels by means of enemata (86° one half pint), followed by an enema to be retained in the bowels of 68° (one tablespoonful). Massage of the abdomen from right to left. Warm bath of 93° accompanied by a thorough rubbing of the feet and legs. Water douches of 77° over the back. See Index.

CHOKING CAUSED BY FISHBONE, ETC. Try to remove the obstruction by means of the thumb and forefinger, or a pair of tweezers, or by tickling with a feather; or the forefinger may be introduced into the

Transport of an Injured Person.

Fig. 4.

Transport of an Injured Person.

Fig. 5.

Transport of an Injured Person.

Fig. 6.

gullet to produce an inclination to vomit. Slapping the back between the shoulder-blades, the arms of the patient being raised. See Index.

CHOKING. If something has got into the windpipe, or gone the wrong way, as we say, during eating, then the arms should be kept stretched to their full extent above the head. By this means the chest is raised, the lungs assume another position, and so the obstruction can be more easily removed; very often the cause of the trouble is ejected at the first cough. For Modes of Application see Index.

Position of a Drowned Person While the Water Is Being Got Out of the Body.

Fig. 7.

DROWNING. Do not put the patient on his head. Ease all tight clothing. Lay him over your knee, that his head be somewhat lower than the rest of his body. Fig. 7. Gently tap the back, in order to drive out from the lungs and stomach any water that may have been swallowed; cleanse the mouth and nose of mud. Apply artificial respiration. (See Index.) If the efforts to restore respiration are successful cover the patient up warmly, rub him thoroughly, and give him warm drinks in teaspoonfuls.

DISLOCATIONS. Elevated position of the limb, and cold compresses, to be changed as soon as warm. They should be set by an expert, doctor or natural healer. See also "DISLOCATION" in Index.

EMETICS. See Index.

FAINTING FITS. Remove all tight clothing. Place the patient in a horizontal position. If caused by anemia of the head (the symptom of which is paleness) place the head lower than the chest. With plethoric patients (dark red complexion) the head must be raised and chest and back sprinkled with cool water and thoroughly rubbed. Take care that the patient breathes fresh, pure air. In case of determination of blood to the head, give enema, 77°, using half a pint of water. In severe cases artificial respiration should be resorted to. See Index.

FALL ON THE HEAD OR LOINS. Rest and soothing applications, lay the patient on the back, sprinkle face and chest with cold water; in severe cases seek skilled advice.

Tying up an Injured Brachial Artery.

Fig. 8.

Tying up an Injured Femoral Artery.

Fig. 9.

FEBRILE MALADIES. For first instructions see Index.

FOREIGN BODIES IN THE EAR. To remove these one should go to work very cautiously.

If an insect, little stone or pea has got into the ear, then a little oil, or a few drops of water are poured in, the ear is bent downwards to one

side, and the other ear struck lightly with the hand. See Index. If this is not successful, send for a doctor or Natural Healer.

FOREIGN BODIES IN THE EYE. Do not rub the eye. Make a spill of white paper, moistening the point a little, draw the under or upper eyelid downwards or upwards as the case may require, and remove the object by means of the spill, rinse afterwards with tepid water. A horse-hair is even better than a spill. It is held by both ends, forming a bow like a hairpin, the eyelid drawn back and the object hooked out, without causing any unpleasant feeling in the eye.

If lime get in the eye, the latter should be washed out with sugar and water, or vinegar and water. See Index.

Squeezing the Jugular Veins With the Thumb in Cases of Violent Bleeding.

Fig. 10.

FRACTURES. Get rid of all hampering articles of clothing, raise the broken limb, protect it from any jar or shock, put on repeated cold compresses till the arrival of the doctor in order to keep down the swelling. It has often happened that one who has attended a "First Aid" course has been very successful in treating fractures. Let every one then attend such a course, as he may thereby be of great assistance to his fellow creatures.

One should be careful what surgeon is chosen to set the fractured bone, and should beware of tight bandages (plaster of Paris bandages), of which Prof. Volkmann says that their employment only results in making cripples, and that untutored bone setters have often been obliged to make good what learned professors and specialists have made a mess of. In spite of the most correct bandaging, setting of a fracture will often be followed by pain which may be allayed by compresses, as hot as can be borne, on the part. Especial attention is here called to a new bandage for fractures, to be found under "ORTHOPAEDIA." See also "FRACTURES OF BONES."

HEAT-STROKE. Bring the patient immediately into a cool place, loosen all tight clothing and apply the following: Compresses (72°) on the head, to be changed when warm. Compresses (73°) on the region of the heart, rubbing, with a wet towel, of the feet and legs with water of the same temperature, or shallow bath (86°). Affusions on the back; enemata (77°). One pint of cool water to be drunk a spoonful at a time. Massage of the neck.

HANGING. The person should be carefully raised and not allowed to drop when the cord is cut, and if still warm and showing signs of life, artificial respiration should be resorted to. See Index.

Life-Buoy Being Thrown to a Drowning Person.

Fig. 11.

LIGHTNING, EFFECTS OF. If there are any signs of life, all tight articles of clothing should be loosened at once, head, chest and back must either be rubbed or bathed with cool 59° to 64° water, and artificial breathing, if necessary, resorted to. See also "STRUCK BY LIGHTNING."

HEMORRHAGE. If the blood is bright red in color it comes from the lungs. Take care to ease all tight clothing or undress the patient, who should assume a sitting posture. Provide for pure, cool air. Pack as in blood vomiting. See also Index.

MUSHROOM POISONING. See under "POISONING."

Poisoning. Immediately induce vomiting by tickling the gullet, or by introducing the forefinger into the throat as far as possible. Give warm water to drink, and in case that should not be sufficient, a lukewarm solution of soap in water is an effective and harmless emetic. After vomiting, sugared water or the white of an egg beaten up in milk may be given to the patient. In cases of poisoning by sulphur, saltpetre, or hydrochloric acid, powdered chalk in water or whitening should be given as an antidote. Drink milk, thick water gruel, meal and water, or salad oil. We can also recommend abdominal compresses and enemata 77° (a pint). See also "Poisoning "in Index.

Throwing a Wooden Ball to a Person Who Has Broken Through the Ice.

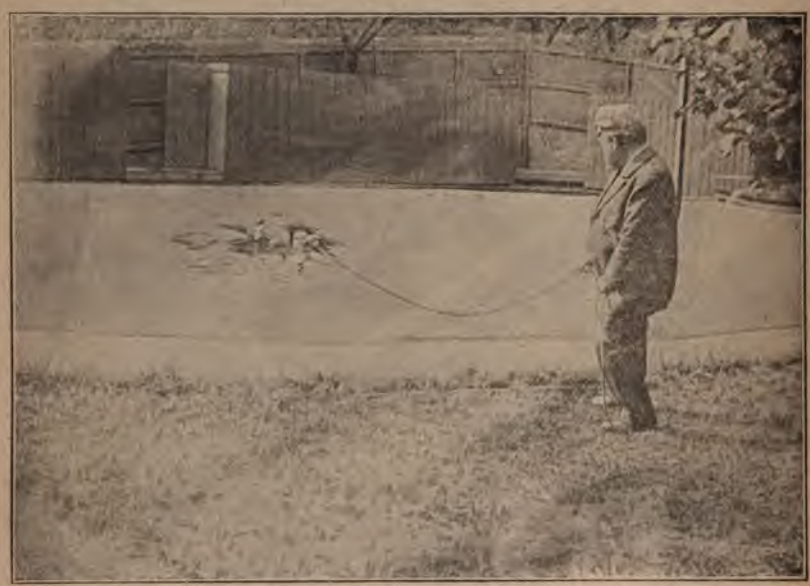


Fig. 12.

Rupture Constricted. Quiet position in bed, seat raised, knees bent. Clystors of 90° from one to two pints enemata, hip bath 99° of about half an hour's duration, during which hot water should be continually added to keep the bath temperature of 99°. Hot compresses, changed as soon as they begin to cool, may also be applied. Send immediately for a surgeon or doctor to replace the rupture. See also under "Ruptures" in Index.

Snake Bite. See Index.

SPRAINS. The injured limb to be elevated and cold compress applied to it. Derivative massage, stroking upwards, so that the flow of blood is distributed. Detergent and derivative soothing packs 77°. See also "SPRAINS" in Index.

STINGS OF INSECTS. If stung by bees, wasps, and other insects, wet the thumb-nail and press it firmly over the stretched skin of the injured spot till the sting or the poison is ejected. The sting is the first thing to be removed. A local cooling application in the form of cold water compresses should be made, or curds, clay or ammonia may be put on on the place. In cases of poisoning by insects use also local steam baths, as well as steam box-baths and packs.

Mortification of Foot Caused by Tight Bandages.

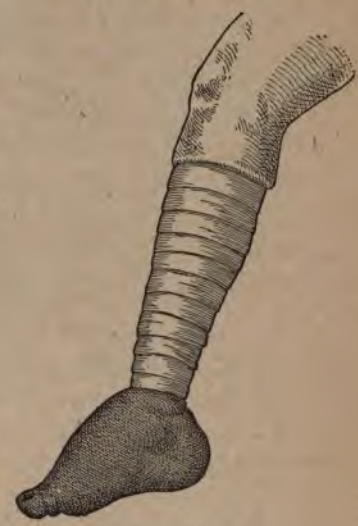


Fig. 13.

SUNSTROKE. See Index.

SUFFOCATION THROUGH BREATHING NOXIOUS GASES. Remove at once into pure air and apply artificial respiration (see Index) and vigorous cool (72°) friction of the whole body. (See Index.)

TREATMENT OF WOUNDS. The person assisting must first cleanse his hands, so as not to contaminate the wound. Bleeding may be staunched and pain relieved by hot water compresses—as hot as they can be borne. The water for the cleaning of the wounds should be pure and if possible have been boiled. The edges of gaping wounds should be brought close together, if necessary by means of plaster, or by sewing, so that the wound may heal properly. For further information see "WOUNDS."

VOMITING BLOOD. If the blood is dark in color it comes from the stomach. Get rid of all tight clothing and put the patient in a horizontal position. Leg pack (79°) with hot-water bottles to the feet and calves. Cool compresses (68°—72°) on the stomach.

WOUNDS CAUSED BY PRESSURE OR BY A BLOW. Cool compresses, cool wet bandages, to be removed as often as is demanded by the heat of the injured place, also constant immersion in cold water. See also "CONTUSION".

Accidents Through Hanging, Drowning, Suffocation, Cold, Etc. First aids in the same and attempts at reanimation, see the same.

Accouchement, see "WOMEN, DISEASES OF".

Accumulation of Gas, see "FLATULENCY".

Acidity of the Stomach, see "HEARTBURN."

ACNE is an obstruction at the opening of sebaceous glands. These become a little distended in consequence, and form a tiny protuberance, black or grey at the point, and when squeezed discharge a tallowy substance in the shape of a thread.

Acne is found usually in young people, and persons who are not over cleanly, and appears mostly on the face, back and neck.

TREATMENT.—Attend carefully to cutaneous action, give two or three steambaths during the week, followed by full-pack and bath, or instead of this steambaths in bed. Wash and bathe frequently; apply full rubbings with wet towels. See: "PIMPLES". For Modes of Application, see Index.

ACUTE DISEASES are such as are inflammatory, feverish, and develop quickly. The longest duration of an acute disease is in most cases reckoned at four weeks, if this period be exceeded it is termed chronic. Every acute disease is an effort of the whole system to eject matter which it cannot assimilate. Nature herself is the physician; we need only watch for her hints, and with the aid of the simplest remedies second her endeavors to heal by lukewarm sponge baths, baths, packs, fresh air, non-stimulating diet, and by never opposing her. If we do this, every illness will assuredly be cured by nature alone.

Affection of the Head, Chronic, see "BAD HEALTH."

Affection of the Liver, Kidneys, Stomach and Bile, Chronic, see "BAD HEALTH."

Affusion, see Index.

Affusion, Full, see Index.

Affusion, How to Apply Without Aid, see Index.

Affusion, Upper, see Index.

Afterbirth, see "PLACENTA."

AFTER-TREATMENT in "Regenerative Treatment." See Index under the latter heading. In addition to the various modes of application mentioned there curative gymnastics should also be tried.

AGE OF THE NATURAL MAN.

Every human being receives at birth a certain amount of capital in the form of vital force. To judge from the law which apportions to mammalia about the five-fold span of time requisite for the perfect development of the skeleton, normal man—i. e., a human being—born of healthy parents, perfectly healthy himself, and spending his vital force properly and economically, may live, as a rule, from one hundred to one hundred and twenty years, and in exceptional cases may attain the age of one hundred and fifty, and even more. Most exact observations have proved that the horse, which requires five years before its frame is firmly set, lives to an age of five times five, or twenty-five to thirty years; the camel, requiring eight years, to an age of five times eight, or forty years; the dog, requiring two years, to twice five, or ten years; the elephant, requiring forty years, to an age of five times forty, or two hundred years. This is the rule. But exceptional horses have lived fifty years, and even longer. There is in the museum at Manchester the skull of a horse that lived more than sixty years. Alexander the Great dedicated his war elephant to the sun, in honor of a brave enemy whom he had conquered. This historic elephant, which he set at liberty, after attaching an inscription to its neck, was found alive three hundred and fifty years later.

As among the mammalia, so also among men we meet with individuals living to the age of one hundred to one hundred and twenty-five years; thus, for example, Democritus, the great naturalist, who died at the age of one hundred and nine years, without illness and as happy as he had lived. Rome saw two actresses aged respectively one hunderd and four and one hundred and twelve years. A French actress, who died in 1867, was one hundred and eleven years old. The Swedish veteran Mittelstedt, who, during his military career of sixty-seven years, had fought in seventeen battles and suffered weary captivity, paid his debt to nature at the age of one hundred and twelve years. In his one hundred and tenth year he wedded his third wife, and shortly before his death took a two hours' walk. Baron von Waldeck died a vigorous old man at the age of one hundred and six. An old French soldier passed away in the beginning of the fifties, who, being a bit of a wag, asked in his one hundred and twentieth year to be allowed to re-enlist in the army. The following cases may be mentioned where people have attained an exceptionally great age: The Englishman Effingham, who was a soldier for many years, and who earned his bread by hard work, died at the age of one hundred and forty-four, having hardly ever known illness. Thomas Parr lived to be one hundred and fifty-two years old. He was always in good health and happy, and lived on the simplest diet, till King Charles I. heard of him, sent for him, and in order

to do him honor had a splendid repast set before him. This caused his death, for the post-mortem showed that it was due to disturbed digestion. The Norwegian, Drakenberg, died at the age of one hundred and forty-six. He was for fifteen years a Turkish prisoner, and served as a galley slave. Nevertheless he retained sufficient vigor and cheerfulness to woo a young peasant girl when he was a hundred and thirty years old. Joseph Surrington lived longer still. He died at the ripe age of one hundred and sixty. His youngest child was nine, his eldest one one hundred and eight years old. The Hungarian Bowin died in 1750 at the ripe old age of one hundred and seventy-two years, leaving a widow one hundred and sixty-four and a son one hundred and fifteen years old. Another authentic instance may be mentioned of a Russian veteran who was born in 1623 and died in 1825, and who therefore lived two hundred and two years. If we ask how it is that some people live to so great an age, mostly in good health and always cheerful to the end, the answer almost invariably is that these people always lived very moderate, simple and natural lives; in other words, they never drew excessively on their capital in the shape of vital force, with which Dame Nature endowed them—never squandered it, as fashionable society, consciously or unconsciously, mostly does at present, but preserved it by frugality and acted like an economical housewife.

Prof. Dr. Buechner, Darmstadt, in a lecture on the duration of man's life, writes as follows: What is the greatest age that man is capable of reaching? It has been held that man cannot live much longer than one hundred years, but experience refutes this view. It has been proved by examples that he can live to be nearly two hundred years old. England especially furnishes us with several instances of this kind. A peasant, born in England in the fifteenth century, lived far into the seventeenth, and attained the age of one hundred and seventy-two years. As an old man of one hundred and twenty he is credited with still having performed heavy manual labor. He was accustomed to the most moderate and simple fare, and succumbed finally to an illness caused by partaking of too rich food on a festive occasion. He lies in Westminster Abbey. Another Englishman, born in 1500, lived to be one hundred and seventy years old. A Dane was born in 1624, and died in 1770 in his one hundred and forty-sixth year. His life was very checkered. He was one hundred and eleven years old when he first married; his wife was sixty years old, and after her death he wished to contract a marriage with a young girl of eighteen. There are other men who married repeatedly during their long lives; thus a Scotchman had nine and a Frenchman even ten wives. Hungary, too, can furnish an example of extraordinary longevity. An old man died at Temesvar in 1724 at the unprecedented age of one hundred and eighty-five. Even at the present time there are many people more than one hundred years old.

A man who served as an artilleryman under Frederick the Great is now alive in Bromberg, in the full enjoyment of his one hundred and eighteen years.

The majority of these long-lived persons are said to have been well and strong up to the very time of their death. It sounds strange to us that the hair and teeth of these aged people were renewed, and that the wrinkles in their skin disappeared. Hufeland cites two instances of this kind of regeneration. From the standpoint of physiology the thing is not at all impossible.

According to some authorities the mean age of man has advanced even further, and exceptional cases of a truly green old age have been cited in abundance. Many authentic records of antiquity exist which seem to show that we die as a rule very much earlier than people used to do. Even at the time of the Emperor Vespasian, after several centuries of moral corruption, there were living within a small area fifty-four people, aged over one hundred years; forty from one hundred and ten to one hundred and forty years, and two upwards of one hundred and fifty years old. (See Johannes v. Mueller's Universal History.)

It is not so very long ago that there were found among the Arabs—among those tribes who drink only water and milk—several people two hundred years old. Plenty of men are among them who, at the age of one hundred, are in their prime, and marry at that age with far greater justification than most young men with us. Even in Europe men have lived to the age of two hundred, and it may be assumed with certainty that these did not live beyond the normal age, but that all others did not reach it.

In the records of St. Leonard's Church, London, there may be seen an entry of a birth and death, which one might be tempted to doubt if it were not invested with full official authority—that of Thomas Carn, born January 28, 1588, died 1795. He lived, therefore, to the ripe old age of 207 years, and saw twelve sovereigns occupying the British throne. Three score and ten years is now-a-days a considerable age.

Most people who die of chronic diseases succumb between the ages of fifty and seventy years, and even earlier. And these fifty to seventy years which we live—is this life? It is a life of sickness, a chronic dying, lasting for seventy years before it is over. This state of sickliness which we call life and passable health, this miserable state which crawls with us to our death-rattle, accompanied by bottles of poison (medicine) which tortures us in the sick-room, begins with the moment of our birth into this world, when the midwife and nurses drink the health of the wretched new-born baby in something stronger than water. It is sad to think that in the sparsely populated, and therefore less corrupted, East of Europe better

health, greater bodily strength and longer life is to be found. In the wild parts of the interior of Russia chemists and doctors are far rarer than with us. In the spring of 1839 all the German journals gave quotations from the Russian bills of mortality, and were greatly astonished that people frequently lived there to be over a hundred years of age. A few years ago the returns showed that of 748,237 persons in forty-four dioceses, 2,091 died after reaching ages varying from a hundred to a hundred and forty years. Among the boons which the Emperor Nicholas granted to his subjects, one was the multiplication of medical hospitals, and there is no doubt that longevity in Russia will grow to be more rare, and will gradually approach that of Western Europe.

People of one hundred years of age and upwards are by no means rare in the rural population of the Herzegovina, and there are some villages in the mountain districts of the country in which it very rarely happens that an inhabitant dies before the age of eighty. In one of these villages, Drezнica, in the district of Mosta, there lives at present a peasant, Anton Turitsch by name, who has attained the extraordinary age of one hundred and thirty years. In spite of this he still works in his vineyard, and, being a Roman Catholic, is obliged to walk a distance of eight miles each way to attend church, which he does every Sunday. His eyesight is still very good, for he can distinguish any object at a distance of a hundred steps. His eyebrows are remarkable; they are so thick and bushy that they have to be cut regularly to prevent them from obstructing his vision. His memory is excellent, and he relates the varied experiences of his abnormally long life in a most interesting manner, and has not forgotten the most important events of the last hundred and thirty years, describing and connecting everything he relates most logically. He is said to take after his mother, who attained the age of one hundred and twenty, his father having died at the comparatively early age of ninety-two.

One Hundred and Thirty-five Years Old.—According to the Turkish newspaper "Sabah" a Turk named Mewlud Effendi died recently in Constantinople at the age of one hundred and thirty-five years.

A Russian Methuselah.—In October, 1895, the St. Petersburg journal "Listok" wrote: "On the 3d inst. Ivan Kusmin, a peasant, aged one hundred and thirty-eight, was admitted into the Obuchow Hospital in this city. He had been sent to the Jenisseiski District as a settler. The government has given him a passport as a pilgrim to every city in the empire. He by no means shows his great age, being hearty and intelligent, and speaking intelligibly and hearing well. He was born in the year 1757, and was, like his parents, a serf of Count Scheremetjew. He spent his childhood in a house of his master at Moscow, and was, he says, at the age

of eighty-five, banished to Siberia for ten years for refusing to serve the count any longer. But instead of spending ten years in that inhospitable region he lived there for fifty-three years. At the time of the emancipation of the serfs by the grandfather of the present emperor he had already obtained his freedom, and was employed in gold washing at the Taiga gold mines, where he lost his toes. In the year 1894 he got homesick, and the government gave him a pass for European Russia and a free pass on the railways. After spending but two days in Moscow, where he could find no relatives alive, he came on to St. Petersburg and rented a room here. Ivan Kusmin has never been married. His memory is so good that he clearly recollects the Pugatschew Rebellion, the annexation of the Crimea, Napoleon's invasion of Russia in 1812, and all other important events. His father also attained a very great age, having died in his hundred and forty-eighth year."

Peter Maffens mentions in his history of India a man named Numisde Cogua who died in 1566, aged three hundred and seventy years. His teeth, beard and hair grew four times. Bellour Maccraine lived for one hundred and ninety years in one house. In Russia a man lived to be two hundred and two years old. Don Juan Saveire de Lima died in 1730 at the age of one hundred and ninety-eight.

According to the Bible, Methuselah was the oldest man who ever lived. According to the division of time then in use he attained the age of nine hundred and sixty-nine years.

Advice to Mothers. See "MOTHERS, ADVICE TO."

Ague. See "MALARIA".

Air, its constituents, etc. See Index. To provide for its purity, see "VENTILATION." How to breathe properly, see "BREATHING EXERCISES."

AIR BATH FOR MEN IN THE BILZ SANATORIUM.

The great advantages which accrue from allowing the body to be fanned by the wind are daily meeting with wider recognition, and consequently every well-conducted sanatorium now has separate places for ladies and gentlemen—places which are of considerable extent and surrounded by high walls to screen them from observation. Visitors and patients, wearing only their bathing drawers, indulge as they please in gymnastics, jumping, singing and all kinds of exercises. Close by is a swimming bath where they frequently take a short dip, and then allow air

central nervous system and greatly prolonging illness, or, if the patient has but small powers of resistance, sending him to the realms of eternal rest. Allopathy suppresses the troublesome cough, meant by nature to eject for the patient's benefit the gathering secretions of the respiratory organs. Allopathy relieves the rectum of accumulated masses of excrement by injurious purgatives, independent of the fact that such remedies overstimulate the nerves of the rectum, thus causing the whole muscular system of that part to lose its needful elasticity. In the same way it arrests the process of fermentation in cases of diarrhoea arising from congestion of the rectum with fermenting matter, in doing which the greatest injury may be caused to the system. Allopathy boasts of annihilating all fermenting substances, such as bacteria, bacilli, etc., by chemicals—*i. e.*, casting out the devil by Beelzebub. But besides bacilli, bacteria, etc., healthy tissues are destroyed at the same time, and not only is the morbid matter not secreted, but it is joined by medical poisons, and these combined greatly impede nature in its efforts to purify itself. Fever—the very spirit of nature's endeavor to help herself—allopathy suppresses with poisons, which, having entered the system, are at once rendered harmless, as far as can be effected by the vital power. But in these efforts of nature a great amount of strength, and therefore heat (strength is heat) is lost. Still, what more is wanted? The result aimed at, viz.: subduing the fever, is attained. A sadly fallacious result.

Want of space renders us unable to expose in this article the entire unreality of allopathy as a therapeutic agent. This much may be said—that we give proof positive in this work by practically tested advice, and independent of any theory, that disease can be cured without injurious medicines, which are at the best questionable as to their results. We wish the reader, by perusing this work, to gain the firm conviction that the applications of allopathy cannot but be harmful in every case.

We have now only to explain why the so-called scientific physician clings so obstinately to allopathy. Prof. Gustav Jaeger does so by quoting the saying: "The more versed, the more perverse." The influence exerted by pedantry more or less on every practical science, particularly on therapeutics, is notoriously a baneful one, as was very strikingly demonstrated to the world in the case of the late German Emperor Frederick. What that influence means is easily explained. Pedantry, as it is cultivated at the higher clinical colleges, proceeds in the following manner: A dictum, or an empty nothing, is pronounced; this dictum or this nothing is then surrounded by all kinds of thorny "ifs" and "buts," considerations, subterfuges, sophisms, pros and cons, etc. The medical student is then placed within the thorny hedge thus formed, and he is perfectly safe there; nothing can spirit him away; nobody can get at him. To every fact, to

every opinion he opposes his "ifs" and "buts"; he is perfectly proof against all advice, and, being, as a rule, unable to get through this hedge, he is hopelessly lost.

With the release of higher therapeuties from the trammels of pedantry, half the work, but not more than half the work, has been done.

ALPHABET is the A B C or sequence of letters. When reference is made in this work to the alphabet the reader must first look for the initial letter of the respective word or sentence in the alphabetical sequence in which the book is arranged. All that is not put in the alphabetical sequence will be found in the index.

Alopecia. See "HAIR, LOSS OF."

Alternate Baths, various according to Kneipp. See Index.

Amputation. See "OPERATION."

Amyloid Liver and Kidneys. See "LIVER, DISEASES OF."

Anal Worms. See "WORMS, ANAL."

Anaemia. See "BLOOD, POVERTY OF."

ANATOMY. Treats of the structure and dissection of organic beings. In a restricted sense of the human body, as well as the relations and positions which the individual organs have to each other. Anatomy also considers the condition of diseased organs in the human body.

Angina. See "CROUP AND DIPHTHERIA."

Angina Membracin. See "CROUP."

Animal Magnetism. See "MAGNETISM."

Animals, Scientific Torture of. See "VIVISECTION."

Animals. Mad Cats, Dogs, etc., Bites of. See "HYDROPHOBIA AND RABIES."

Animal Food. See "DIET, MIXED."

Anodyne Applications. See Index and "COMPRESSES, STEAM."

ANTHRAX. This complaint is caught from diseased animals, either by eating their flesh or by infection from them direct. Infection may even be transmitted by the sting of insects which have fed on diseased carcasses.

SYMPTOMS.—This disease, which principally attacks butchers, skinners, tanners, shepherds, etc., breaks out either a few hours after infection has taken place, or not for two or three days. A small red spot first appears on the affected place like a flea-bite, or a soft, or it may be sometimes a hard

swelling is formed on which tiny vesicles are seen. The part affected itches and smarts, and there is gradually a pustule formed, the so-called anthrax pustule, which may easily become purulent and gangrenous.

Moreover, general health is affected, resulting in fever, sickness and vomiting, vertigo, even fainting fits, local erysipelas, inflammation and necrosis of the tissues under the skin.

TREATMENT.—When there is fever, a fever treatment is to be resorted to. Rub the skin vigorously in the bath, especially the feet. Apply affusions, chiefly to the affected part, after which the patient is to be put to bed again.

If there is excessive smarting and itching put cool compresses on the affected place. If there are suppurating wounds, thoroughly cleanse them by washing and using injections of tepid water. Apply a stimulating full-pack daily, or in bed, steam-bath with soothing extra compresses on the affected place. Fresh air (keep the bedroom window open), vegetarian diet, enemata for constipation and as a detergent. For modes of application see Index.

Aqua Fortis. See "POISONING."

ANUS, Inflammation of the.

CAUSES.—Inflamation of the anus is partially the result of uncleanliness. When little children suffer from diarrhoea the irritant properties of the excrement often produce a reddened together with an inflamed state of the anus with frequent motions. With corpulent persons the friction caused by walking often produces painful formations of fissure. The muscle by which the anus is closed is then very sensitive, and painful spasmodic contractions of it frequently result. In women inflammation of the anus may also be caused by efflux from the genitals.

TREATMENT.—To prevent the expanded mucous membrane from bursting the anus should be lubricated with oil of poppies.

Enema (72°) containing about two tablespoonfuls of water (for children half the quantity) once every hour. It is given best with a ball syringe.

Washing the anus with a soft linen rag (66°) once every hour.

A hip-bath 72° to 88° of from ten to twenty minutes duration, to be taken twice a day.

A foot steam-bath, twenty minutes, once a day.

Mr. Sperling, Natural Healer, writes:

The anus is frequently the seat of disorders, such as catarrh, contraction produced by tumors, gonorrhoeal catarrh or syphilitic ulcers, hemor-

ANATOMY.

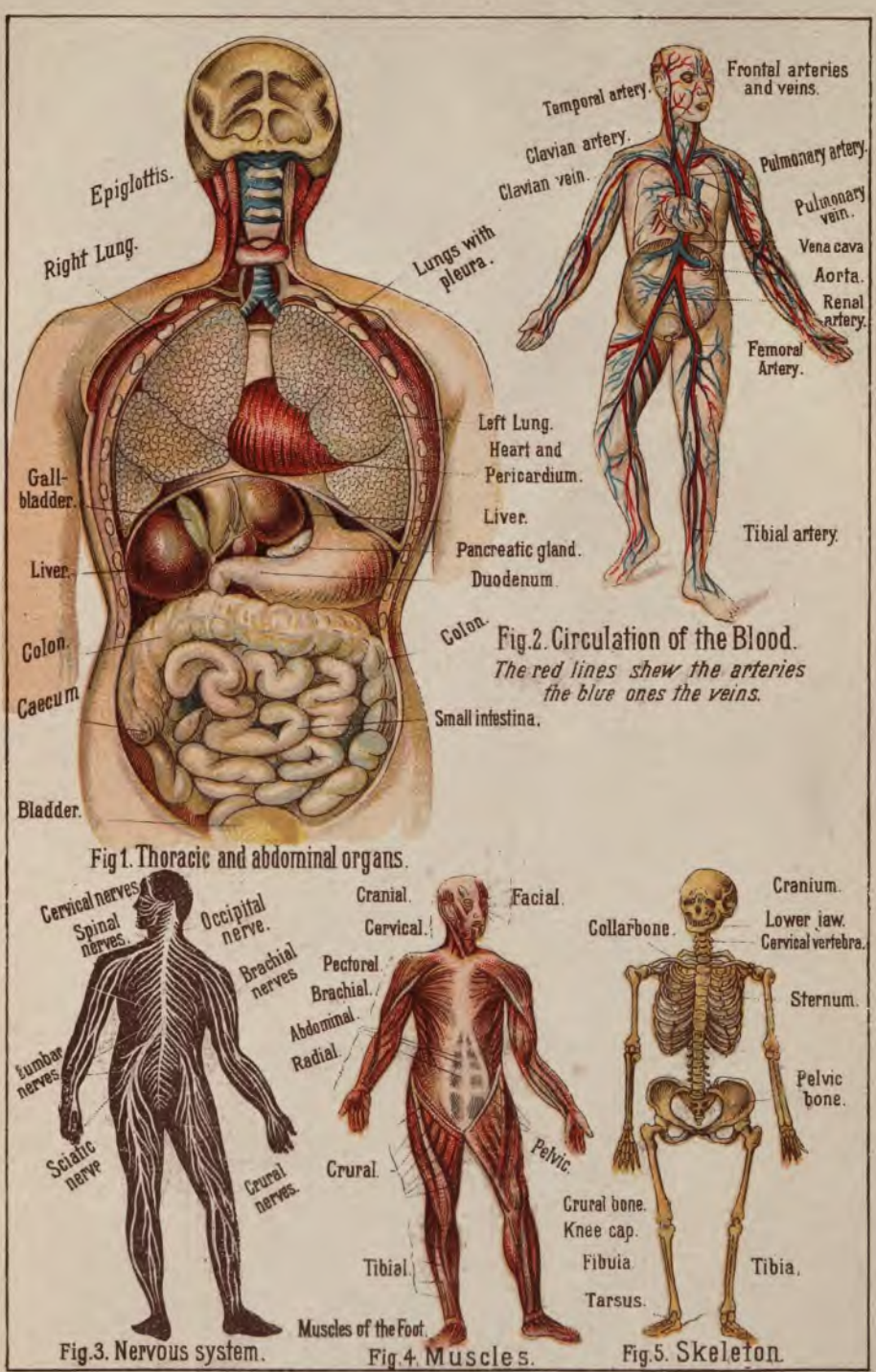


Fig 1. Thoracic and abdominal organs.

Fig. 2. Circulation of the Blood.
The red lines shew the arteries the blue ones the veins.

Fig. 3. Nervous system.

Fig. 4. Muscles.

Fig. 5. Skeleton.

rhoidal ulcers, proliferations (condylome). The latter always correspond in their primary development with the natural folds of the skin, and take the form of ledges, surrounding the sphincter in the shape of a star. Smaller at their inner ends, they spread in an outward direction, flattening against each other, and their open edges constantly develop fresh warts, which assume the form of coxcombs. When the anus is the seat of chronic syphilis, infiltrations under the skin also take place in the form of dried or mucous tubercles, as well as cracked ulcers. Proliferations, too, are sometimes met with here reaching far up into the rectum and narrowing the passage. Cancerous ulcers, too, are not infrequently found at the anus.

Schuh says on this subject: "An irregular, light red, crisp-looking, hard proliferation, rather flat and turned outwards appears at the root of the anus, either at one side or at the back. It soon enters the rectum, causing scalding pains at the time of motions and secreting pus. In other cases the disease makes its appearance round the rectum, forming an annular protuberance, almost turned inside out at the side or at the back, and usually continuing in an upward direction. The skin and tissues surrounding the cancer of from two-thirds of an inch to an inch and a third are hard to the touch. The scalding pains become very intense with further development. The skin assumes a bluish hue, becomes soft in some places, and even breaks, and passages are formed with ulcerous and gangrenous walls towards the rectum and into its cavity, which are often mistaken by ignorant physicians for mere rectal fistules. Chronic spasms of the sphincter, with or without hypertrophy of the same, accompanied by very painful exfoliations and cracking of the mucous membrane, also frequently occur.

TREATMENT.—For the above enumerated disorders in which the whole body is more or less diseased, the humors and the blood corrupted, apply in addition to local treatment: Hip-bath (77°—86°) with India rubber ring in it, to prevent the rectum touching the bottom, cooling compresses (77°), abdominal and back packings, with small, very soft compresses, to be changed when required, as well as leg and full-pack, steam-baths, with due regard to the inflamed part, or foot steam-baths (72°—77°), wet rubbings (77°), enemata (with caution). Non-stimulating diet. A patient thus afflicted will do well, however, to put himself under the care of a Natural Healer.

ANUS, Prolapse of the. 1. In its acute form the folds of the mucous membrane are observed to be inflamed and swollen, in consequence of which a knotty projection forms. The entire mucous memberane of the anus is sometimes swollen, and stands out from the anal orifice in the shape

of a ring. The patient feels a strange substance there, and is impelled to press continually, and thereby suffers the most excruciating tortures.

TREATMENT.—To effect local relief put a cool compress on the anus, to be changed before it gets hot. After every compress (pad on the anus) apply a gentle douche with an India rubber tube (in case of emergency with an irrigator). Too frequent motions must be obviated by a proper diet, as of cocoa, dried bilberries, farinaceous food.

2. The acute may develop into chronic prolapse by neglect. The folds of the mucous membrane at the anus enlarge by constant swelling (through their being inundated with blood) to such an extent as to project permanently, or to fall forward at every exertion. They are also projected by the motions.

TREATMENT.—The diet must be regulated so that the stool be neither too liquid nor too hard. The prolapse must be pushed back again carefully after every stool by means of the finger, which must be oiled first. Take a wet, warm piece of linen or a soft sponge, squeezed out in warm water, and with it gently press the prolapse back. In case of self-treatment sit down with the anus bare, and by gentle pressure with the finger restore the prolapse to its position. To keep it there the patient should remain in bed for some time. During the interval, and also at night, apply an abdominal compress (77°), with cross or T bandage. A round piece of wet cotton wool should be put on the anus for support. The prolapse of the anus is to be distinguished from that of the rectum. Back affusions (66°), three times a day. Hip-bath (77°), five minutes, twice a day; enemata (66°) three times a day.

PROLAPSE OF THE ANUS CURED BY THE NATURAL METHOD.

The son of Mr. Wendler, of L., aged one year, suffered for three months from prolapse of the anus. The boy's stool was very hard, and could only be ejected by very great exertion and pressure, which caused suffusion of blood to the face at every motion. On November 30th, 1893, the case was entrusted to a Natural Healer, who prescribed the following treatment. Raw apples scraped and fruit juice in sufficient quantities to cause two gentle motions a day, and a little soaked whole-meal bread was to be added to the child's milk. If necessary an enema of a cupful of water (88°) was to be given. A cross pack (86°), (see Illustration) with an extra compress of wet cotton-wool on the anus. An enema, a tablespoonful (74°), to be given morning and afternoon and the prolapse to be pressed

back with the finger, which should be oiled for this purpose every time it was pressed out. Immediately after the adoption of these measures the stool became easy, and in a month the prolapse was cured.

AORTA (great artery of the body) is the blood vessel which takes the light-red blood containing oxygen from the left ventricle of the heart into the blood vessels. Its branches are called arteries. See "BLOOD, CIRCULATION OF THE."

APHTHAE is a disease which covers the mucous membrane of the mouth with small, more or less closely attached caseous fungi or white vesicles. This disease appears principally in infants during the first weeks after birth (most frequently between the tenth and sixteenth day), but sometimes in adults who are in a week state of health.

It causes pain to children at the breast, and they, in consequence, are averse to taking the mother's milk.

CAUSES.—Uncleanliness, especially of the feeder and teat, disturbed digestion, pungent, heating food, taking cold, depressed condition of the suckling, mother or nurse, artificial feeding, and the like.

TREATMENT.—The greatest local cleanliness must be observed. Wash and wipe out the mouth with a soft, wet linen rag, dipped in lukewarm (81°) water, and squeezed out moderately. Rinse the mouth, and give fresh water to drink frequently. A spoonful of water must be given immediately after the child has had the mother's breast, or any other food. Nipple shields must be kept clean (but they must not lie in the water too long). In serious cases stimulating tepid throat-compresses (77°) and a daily warm (92°) bath are necessary. This is especially the case in adults, but the temperature must be 2°—4° lower. In general, cool, non-stimulating, easily digested food, fresh air and enemata in case of constipation. (For Modes of Application see Index.)

CURE OF A BAD CASE OF APHTHAE.

(By H. SPERLING, Natural Healer of Berlin.)

I will only mention one of the most serious cases of aphthæ during my nineteen years' experience.

The infant daughter of Mr. L., Melchior Strasse, Berlin, contracted aphthæ in spite of every attention paid to cutaneous action, so severely that not only the entire mouth but all the mucous membranes of the intestines as far as the anus were covered with them. In smell and form they were similar to diphtheria. My orders were strictly followed, which were baths (90°), the child to be wrapped while wet in a sheet and allowed

to steam. Previous to the bath a light bed-steambath, in the afternoon or oftener if necessary, abdominal-compresses, for a shorter or longer time, or renewed as required. Enemata (81°), removal of feather-beds; sleeping with window open; not allowing the child its mother's milk, cleansing the mouth very often, now and then a teaspoonful of (73°) water. In spite of all these measures it was a long time before the little one recovered and gained strength. For almost the whole of the first year the child was rather sickly at times, and not until the age of twelve months did it become really well again. Such a power of resistance can only be met with in a girl; a boy would have succumbed long before. The mother, carrying her child under her heart for nine months, had nourished it during that time probably with morbid blood, and had suckled it afterwards with her equally bad milk; for Mrs. L. had hitherto known nothing either of vegetarian diet or of a hygiene consonant with nature's canons. I have cured less severe cases of aphthæ in a few weeks.

Apoplectic Fit, see "APOPLEXY".

APOPLEXY. There are several kinds of apoplexy, viz.: of the brain, and of the lungs. The cause is always the rupture of a vein, tissue or vessel, resulting in extravasation of blood on the brain, lungs, etc.

Apoplexy may result in immediate death or in various paralyses, e. g., paralysis of one side, of the body, or of single limbs.

SYMPTOMS.—The first indications of cerebral paralysis are heaviness and giddiness in the head, headache, vertigo, shooting pains in the neck and limbs, drowsiness, loss of memory, noise in the ears, photopsy, slight convulsions, trembling, mental discomfort, also sickness and vomiting, visible decrease of the power of thinking, clumsiness or hasty movements.

Sometimes one set of symptoms and sometimes the other predominates before an attack, according to the character of the rupture of the blood vessels, e. g., whether through collection of water, engorgement of blood, through the blood vessels becoming morbid and liable to rupture, etc. The latter is usually the case when the patient is advanced in age, on which account paralytic fits occur most frequently after the age of 50. (Also the greater or lesser size of the blood-vessels prone to rupture makes a difference of symptoms.) The fit itself takes place suddenly, the patient falls to the ground unconscious either with a loud scream or mutely. The respiration is labored and accompanied by a rattling noise, the face is deathly pale or bluish-red and the breathing disturbed. If the extravasation of blood on the brain is considerable, or the most vital part of the brain is destroyed, immediate death results. However, consciousness sometimes returns, and the patient may, with the very best natural treatment, gradually recover even in severe cases. Unconsciousness and para-

lysis (or the latter only) often take place gradually, i. e., without apoplexy. The apoplectic fit may surprise its victim amid joyous scenes, all of a sudden and without any indications whatever, so that the strongest man in the prime of life may be dead the next moment. But in the great majority of cases the fit is characterized by the above named premonitors; all of them indicate approaching danger and justify the greatest anxiety.

CAUSES.—The walls of the vessels become liable to rupture in old age, and this is especially produced and accelerated by indulging in spirits, strong beer, wine, animal food, and other irritants.

Furthermore, by taking too little fresh air and water, whereby the walls of the vessels become brittle and chalky, and as a result of other deep-seated diseases. Men are more liable to this malady than women, perhaps in consequence of greater indulgence in the many stimulating, fermented beverages.

If elderly persons complain of vertigo, formication, weak memory and weak legs, the cause may be degeneration of the brain and its vessels; and if plethoric men with short neck, red face, are often affected with headache, vertigo and noise in the ears, they should, in both cases, guard against cerebral apoplexy, and adopt a vegetarian diet, neither eat nor drink too much, and abstain from violent movements and exertions; they must, above all, sleep with the window open, have as much fresh air as possible, and look to the action of their skin. Those who have had a fit of the kind before must be especially careful. Persons who take but little exercise and follow a sedentary calling, to avoid any trouble of this description should take a steam-bath once a week, followed by a wet pack and a lukewarm (86°) bath or douche-bath, or even bed steam-bath, in order to promote assimilation, especially in spring and autumn. And this precaution should be taken especially by plethoric as well as short necked and red faced people.

APOPLEXY, Pulmonary.—Blood extravasates in consequence of a rupture of the pulmonary tissues and larger arteries from the rents thus caused. If the blood empties into the cavity of the pleura, death always ensues.

The cause may be injuries, bursting of the enlarged aorta, etc.

TREATMENT.—The blood, which has extravasated, must be removed; take off at once all tight articles of clothing, next ensure perfect rest, and more or less frequently apply tepid (67°—73°) compresses or tepid affusions to the head. On no account allow the compresses to get very warm, but change them repeatedly, put warm compresses to the feet and follow with vigorous cool foot friction, or apply tepid (69°) stimulating

foot packs for two hours, with hot water bottles if the feet do not soon get warm. Then very careful (73°) full rubbing with a wet towel of the whole body, with the patient in a quiet position, if necessary let him lie absolutely at rest and apply only compresses and detergent methods, etc. If the face is flushed and the head hot, the above mentioned 67°—73° compresses round the head must be continued and must be changed when hot; the head must lie high, give three or four small enemata daily for absorption, see that there is good air in the room, and instill now and then a few spoonfuls of fresh water into the patient. Above all, an experienced Natural Healer should be consulted.

In other respects vegetarian diet, plenty of fresh air, sleeping with the window open, movement of the patient as much as is compatible with his condition. Finally, strengthening treatment, combined with the best attention to cutaneous action, or, as the case may be, regenerative treatment. (For Modes of Application see Index.) See also under "PARALYSIS."

CURE OF APOPLEXY.

(From Dr. MUNDE's book: "Natural Therapeutics and Hydrotherapeutics."

During my management at Elgersburg, my mother, aged 73, had a sudden stroke of apoplexy. She was occupied with some needlework and suddenly fell to the ground unconscious, injuring her arm and face. I had her at once carried into a cool, partial bath, and there well rubbed with head affusions of cold water. We then put her to bed and covered her head with a cold compress, and a female attendant, relieved in turn by a second one, vigorously rubbed her arms and legs. The bath was repeated after the lapse of some hours, and continued twice a day. In a fortnight's time she was completely restored to health, and lived for thirteen years afterwards. Whenever she noticed a determination of blood to the head, she at once had recourse to a cold compress and a detergent foot-bath. I was as successful in the case of an elderly gentleman of some fifty-five to sixty years, a Count Della Torre, to whom I was called in soon after the stroke. In six weeks I discharged him as completely cured.

CURE OF APOPLEXY COMBINED WITH CEREBRAL AND GASTRIC COMPLICATIONS.

(Taken from the Journal "Hygiene and Natural Therapeutics.")

Professor *Ferdinand Pusch,* of Sorau, had frequented various watering places (Johannisbad, etc.), and in addition to other ailments, had an apoplectic fit which lamed his right side, and left him with an almost

useless arm and leg. His power of thinking was greatly diminished, and, whenever he took up a pen to write, a strange excitement came over him, his hand shook and trembled, and all idea of writing had to be abandoned. At times his eyelids were closed and his nervous pains were excessive; his stomach was so influenced by his brain as to refuse every kind of food. When he had arrived at the conviction that medicine could not help him, he requested his intimate friend, Dr. *Fraenkel*, in D., to take him to Graefenberg or to Kunzendorf, of which he had heard. He arrived there on December 18, 1885, in a condition that may be imagined. His feeling of misgiving when told that water alone was to cure all his ailments may be excused. In a few weeks, however, partial baths, compresses, air and diet so far restored him that, with the aid of a stick, he could take walks. The pains soon disappeared, the lame leg got completely well (at first the leg was sky-blue and he had to drag it after him); his arm gained strength, his power of thinking returned, but still he could not write. His diet consisted of ground wheat, rice, eggs beaten up with sugar, fruit, vegetables, warm and sour milk with bread. The stomach would at first take food only in drops; any larger quantity irritated the brain and was rejected. The patient gained over thirty pounds in weight during his stay. He was such a favorite at K., that he was induced to stay until March 28, 1887. During the summer months he had charge of Castle Kunzendorf, and made excursions on foot upwards of twenty miles in a day. Nobody would imagine from merely looking at him, that he was once so ill, and the doctor, who had advised him not to forget to take a coffin with him to Kunzendorf, was astonished when he went to see him at the effect which water had wrought in him.

CURE OF APOPLEXY.

(By Dr. ZENKER, Alexanderstrasse, Leipzic.)

A post official came to us, suffering from stiffness in the left arm and leg, so that it was extremely difficult for him to walk. The stage of secondary contraction had set in, where the medical school is at the end of its pharmacopœia, and usually gives up all attempts to cure. In this case, too, the Natural Method of Healing triumphed. After a certainly severe treatment, which, however, only lasted three weeks, the patient was so far relieved as to be able to take long walks. In treating him I relied chiefly on massage, which was performed twice daily. Steam-packs and detergent hip-baths were applied with the best results.

Apoplexy of the Lungs, see "APOPLEXY, PULMONARY".

APPETITE, Want of, is usually met with in fever patients, in cases of acute gastric catarrh and many other diseases; as well as in persons greatly addicted to drinking, smoking and opium-eating.

TREATMENT.—Removal of the causes.

In light cases probably caused by disordered stomach, simply wait till appetite returns; further see "CATARRH OF THE STOMACH" (acute), "STOMACH DISORDERED STOMACH WEAK," etc.

Appliances Used in the Natural Method of Healing, see Index.

Application of Massage in Midwifery, see "WOMEN, DISEASES OF".

Arm Steam-baths and Hand Steam-baths, see Index.

Arm Broken, see "BONES, FRACTURED, ARMSLING".

Arm and Hand Steam-baths, see Index.

ARMSLING, or temporary bandage for a fracture of the upper or fore-arm.

Splints of flat pieces of wood padded with leaves, grass, straw, etc., and secured by pieces of cloth or linen will suffice for a temporary bandage in case of a fracture of the upper arm. In case of a fracture of the fore-arm a sling made out of a folded piece of cloth or a necktie of a convenient length should be used.

The two ends are here passed over the chest and tied together on the neck or shoulder. (Fig. 17.)

When the arm is permanently set by a surgeon, a different sort of padding and smooth splints will commonly be used, and the whole bandage somewhat more scientifically adjusted.

Fig. 17.

The Right Arm shows the Bandaging of a Fracture of the Upper Arm,—on the Left Arm is shown a Sling for a Fracture of the Forearm.

If a three-cornered piece of cloth be used for a fracture of the fore-arm, the two long ends are passed over the chest to the right and left, and fastened together on the neck or shoulder by a knot or a safety pin. The third end which projects beyond the elbow is then drawn up behind the elbow and fastened to the sides of the sling by means of safety pins, etc., toprevent the possibility of the arm slipping out of the sling.

If a four-cornered cloth be used, proceed as follows: Pass one side of the cloth under the shoulder of the fractured arm, and tie both ends together in a knot over the uninjured shoulder; now carry the free end round and over the fractured fore-arm, passing one corner over the left, and the other over the right shoulder and tying them together over the neck or uninjured shoulder.

See also "BONES, FRACTURE OF."

ARSENIC, a virulent poison.

Arsenic Poisoning, see "POISONING."

ARTERIES, Calcareous Degeneration of. Calcareous degeneration of the arteries of the body is often observable in old people.

CAUSES.—Gouty affections, syphilitic diseases, indulgence in alcoholic beverages, mineral medicines. Drinking calcareous water is also said to be often the cause of this atheromatose process, as numerous instances in the Jura mountains testify. How ignorant we yet are as to the origin of this degeneration is proved by the fact that, whilst some observers look upon it as the outcome of old age, Dr. Monin considers it as the result of a vegetarian mode of life, an opinion not by any means corroborated up to this day.

SYMPTOMS.—The connective tissue cells of the inner arterial coats swell and separate; the filaments of the tissues grow thicker; lime salts are deposited in the cells, causing calcification or ossification. The smaller tissues in consequence get contracted or relaxed, and appear in serpentine form. This is the cause of the arteries losing the power of resisting the pressure of the blood, and tending to bulge out in some places (see "VARICOSE VEINS, ANEURISM"), whilst the pressure of the blood is augmented by the contraction of the vessels, the former therefore becoming stagnant in the left ventricle of the heart and causing enlargements of the same.

TREATMENT.—When the complaint is in its initial stages, and with comparatively young people, improvement will be obtained by generally conforming to a natural mode of life; above all by breathing gymnastics, carried out with regularity and perseverance in pure air.

Regulating the circulation of the blood by exercise in the form of Swedish curative gymnastics.

Massage of the whole body. Application of steam, according to the patient's individual constitution. Daily half-baths (27°) from one to two minutes; diet of milk, and products of milk, such as sour, thick milk. On the other hand, all spirituous and malt liquors, spices, and salt are to be avoided.

Arteries, see "BLOOD, CIRCULATION OF."

Arteries and Veins, see "CIRCULATION OF THE BLOOD AND HEMORRHAGE".

Arteries, Dilatation of. See "ARTERIES, ENLARGEMENT OF."

ARTERIES, Enlargement of. The walls of the arterial vessels are expanded in consequence of the pressure of the blood against them, that is, when they are in a morbid, enfeebled condition.

SYMPTOMS.—This enlargement occurs most generally in the great aorta, in its interior walls. According to the size of the inflammatory swelling, which varies from the size of a nut to that of a child's head, a disorder and a feeling of pressure in the chest appears. On tapping, a dull sound is emitted, a peculiar noise will be heard if the ear be placed to it.

THE CAUSES of this disease are the effects of wounds, paralysis of the nerves, etc.

TREATMENT.—As much rest as possible; avoid therefore all bodily and mental excitement, as well as violent exertion.

Continual stimulating foot and leg pack, especially at night, besides soothing compresses on the chest. The latter to be changed on getting warm; light massage of the same part to be performed at the same time.

In the next place strengthening treatment; also an occasional foot and hand steam-bath of an hour's duration is recommended, and a soothing abdominal pack in the meantime. Single symptoms and their causes must be treated as they appear. (For Modes of Application see Index.)

Arteries, Tying up of, see Index.

Artery, see "BLOOD, CIRCULATION OF."

Articular Rheumatism, see "RHEUMATISM."

Artificial Respiration, see "BREATHING, ARTIFICIAL." We would also mention here that it is sometimes of advantage to blow air into the lungs of the patient through his mouth.

ASCARIDES are found mainly in children and most abundantly in the rectum. They are from a twelfth to a third of an inch in length, and often cause little children to wet their beds. The symptoms are violent itching and irritation at the anus which generally gets worse at night. They are also at times present in the excrement.

TREATMENT.—Moderate and vegetarian diet, especially whole-meal bread and raw or cooked fruit; tepid enemata (73°). Abdominal compress

at night and two three-quarter packs weekly. In giving the enemata insert the syringe as far up the rectum as possible. See also "WORMS." (For Modes of Application see Index.)

ASCITES. In this disease, which is not an independent but a secondary one, a perfectly clear fluid is found in the peritoneal sac, collecting there in smaller or larger quantities according to the extent of the affection. The most varied previous diseases may have laid the foundation for this complaint.

SYMPTOMS.—A feeling of repletion, difficulty of breathing, sensation of the skin being stretched, and flapping motion of the abdominal parts, which, on being sounded, emit a hollow sound.

CAUSES.—The condition of the blood is changed and deteriorated; and its reflux to the heart is impeded from some cause or other, e. g., large tumors in the abdominal cavity, diseased liver, etc., for which reason stagnation arises in the vessels of the peritoneum. This disease may also result in chronic peritonitis.

TREATMENT.—Give half steam-bath daily lasting from twenty minutes to half an hour followed by (88°) bath with affusion of the abdomen; or give dry pack, with wet abdominal compress for three-quarters of an hour, and then the bath as above. Later on, luke-warm abdominal compresses (77°) of from half an hour to an hour's duration with calfpacks for two or three hours at a time. In general the treatment must be adapted to the original disease.

The massage treatment of this disease is carried out in the following manner. Stroke the back, especially the region of the kidneys, in the direction of the ureter (see Figure under "CHEST AND ABDOMEN, ORGANS OF THE".) Massage may also be applied to the abdomen, and enemata be used. Fresh air, non-stimulating diet are essential.

Ascites is generally the result of deep-seated diseases of the heart or lungs, and these must be dealt with first. For Modes of Application, see Index.

A LETTER OF THANKS.

About two years ago I suffered from ascites, and some medical practitioners, six in number, could not restore me to health. By the advice of some friends I applied, after an ineffectual treatment of nineteen months, to the Rev. Mr. *Koenig* of this city (No. 31, Melchiorstrasse), and, after a four months' treatment, I was so far restored as to be able to leave my bed, and in two more months could resume my calling. Deeply indebted to the Rev. Mr. *Koenig*, to whom after the Almighty I owe my recovery, I wish to state publicly that I was saved and radically cured by

the modified *Schrodt-Priessnitz* method and that, but for this treatment, I should not be alive now, for my condition at the time clearly pointed to a fatal termination.

Berlin, No. 9, Michael-Kirchplatz. *L. B. Voigt.*

ASSIMILATION is the act of converting food into substance of the body. Thus regeneration or growth and decay are continually going on in our system. It is computed that an adult person becomes an entirely new being every six or seven years (children in a shorter period). This assimilation or change of matter causes the old and wasted matter to evaporate, and new substance to be formed out of food, air, water, heat, light, etc. This process is a result of the continual combustion which is supported by the oxygen we breathe. The chief factors of assimilation are, therefore, free circulation of the blood, respiration, digestion, and excretion. If any of these processes be impeded for any length of time disease is the result. To promote and maintain free assimilation, attention must be paid to cutaneous action, which may be assisted by a daily sponge-bath of the whole body or bath, occasional steam-baths or steam-baths in bed. The bowels must be kept open, if necessary, by means of enemata. Fresh air, out-door exercise, and curative gymnastics are necessary, and more especially for persons who lead a sedentary life.

ASTHMA (spasms of the chest), is a very peculiar complaint and may result from various causes. When of a malignant and violent character it almost produces the impression that the sufferer is going to choke. The morbid symptom often betokens a convulsive state of the fine branches of the wind-pipe, or, to speak more correctly, of the muscular fibres of this organ.

Persons suffering from asthma may, if proper attention be paid to diet, quite well live to a ripe old age, and, moreover, be comparatively free from attacks for longer or shorter periods. Cases in which persons afflicted with asthma have even attained a very considerable age are by no means rare.

A fit of asthma may last from ten to twenty minutes or more, and sometimes even for several hours with short interruptions. It may end suddenly or gradually by yawning or eructation; the cough becomes loose and a viscid phlegm is expectorated. Intervals lasting as long as two years may intervene before another attack occurs.

Little children when sleeping, after a fit of crying, are often troubled with difficulty of breathing, which may culminate in suffocation, the little ones becoming black in the face until able to breathe again. It is true they very soon recover, but they are only too subject to a recur-

rence of such attacks, and strict attention to the Natural Method of Healing is advisable.

CAUSES.—Most cases of asthma have their real origin in a predisposition of the nervous system to disease which can undoubtedly be inherited, since even the very youngest children are sometimes subject to it. The immediate causes of an attack are, however, of various kinds, e. g., great mental excitement and slight changes in external conditions of life, sleeping in a dark room or the effect of aromatic substances. But the origin of many cases is not nervous but is to be traced to specific diseases and chiefly to chronic diseases of the nose and abdomen, e. g., a chronic tumor in the nose (polypus); in women to diseases of sexual organs, and in children to worms in the bowels, etc., etc. Mucous obstruction in the lungs, enlargement of the liver or spleen, sudden suppression of secretion of the skin may also be considered as causes of asthma.

TREATMENT.—Heat is the most efficacious remedy as being a cramp-stilling sedative and relaxing agent. A steam-bath in bed from half an hour to fifty minutes, or a half steam-bath as far as the hips for twenty minutes, according to the condition of the patient, should be followed by a sponge-bath of the whole body (77°).

After the application of steam, either a three-quarter pack (77°) of from one to two hours to be given daily, or a bath (90°) for ten minutes, in which back and extremities are to be energetically rubbed. All depends, however, whether and to what extent the patient can bear it.

Sun-baths are also highly recommended. In the night, abdominal and calf-pack (77°). The former should be removed after two or three hours, if the patient wakes of his own accord at the time. In the morning repeat sponge-baths (77°). If the abdominal packs are not troublesome to the patient, they too may remain on the whole night.

To shorten an attack of asthma, remove all clothing from the upper part of the patient's body and apply hot compresses to chest and abdomen, and change repeatedly. A purging enema will prove beneficial, and if the stomach be distended or flatulent give a few cups of fennel and aniseed tea (half and half). If the feet are cold during the attack, warming them by means of hot foot-bath, rubbing, hot-water bottles, etc., will afford great relief. All cold applications must be strictly avoided during an attack of asthma.

Another way of shortening the attack is to place hands and feet in hot water and put hot compresses on the chest-bone. Should this not prove efficacious, alternate applications of hot and lukewarm water may be tried, e. g., the hands and feet are kept for five minutes in hot water (100° to 105°) and immediately afterwards put for half a minute into lukewarm water (65°). This operation is repeated four or five times.

If one of the above mentioned diseases proves to be the cause of the asthma, this disease must of course be treated to avoid an otherwise unavoidable recurrence of the attack. Moreover strictly non-stimulating diet, living in the mildest, purest possible air, plenty of out-door exercise, but avoidance of all over-exertion and, in general, a strengthening treatment. Smoking and frequenting places where there is much smoke or steam are to be avoided.

MASSAGE TREATMENT.—Begin with massage of the back, ribs, and spine, as detailed at the beginning of Strengthening Treatment, combined, however, with careful slapping and tapping of the back. After this, chest and stomach to be treated as for inflammation of the lungs. It is also beneficial to roll the skin along the back in every direction, at the same time tapping the back and chest with moderate force. To roll the skin the directions are as follows:—Take hold of a part of the skin between finger and thumb, pinch it, and while pinching move it forward. This treatment is applied during a single attack for the purpose of alleviation. After the attack arms and legs may be stroked and kneaded, the former downwards, the latter upwards. Attention must also be paid to regular breathing gymnastics.

If we wish by means of gymnastics to increase the contracting power of the muscles of the breathing organs, we must take into consideration the constitution and individuality of the patient as well as the reciprocal relation that exists between breathing and other organic action, more especially circulation of the blood.

On this account we are strongly against irregular and indiscriminate gymnastic exercises particularly on the horizontal and parallel bars, etc., and confine ourselves to a treatment less calculated to cause rapid breathing.

Since asthma is only a symptom, any further treatment by massage must be adapted to the original disease, it will, as a rule, coincide with that indicated under Strengthening Treatment. *Kneipp* professes to treat asthma successfully as follows: Knee jet twice a day for two days, afterwards a short wrap, the cloth being dipped into hot water, every morning for an hour and a half. Every afternoon a sixfold cloth dipped into water and laid upon chest and abdomen and wrapped round with a blanket. This is repeated for a week, then an upper and knee jet daily.

ASTHMA CURED IN THE BILZ SANATORIUM DRESDEN-RADEBEUL.

C. R., of Görlitz, gardener, aged 59, visited my establishment on the 21st of April, 1896. For years he had suffered from asthma of a most violate and obstinate kind. He tried every means to get rid of it, but to

no purpose. Medicines of all kinds, course of treatment at Ems, etc., asthma apparatus, and every conceivable household remedy had proved utterly unavailable. He had had recourse to the most famous physicians, some of whom had indeed succeeded in effecting some temporary alleviation. The improvement had, however, been but short-lived, and, as the body soon got used to the drugs, his condition was in a short time as bad as it had ever been, and, in fact, became worse from year to year.

One doctor considered the lungs to be the primary cause, another the heart; others again described the case as one of a nervous nature, in fact, the opinions were most varied and conflicting. To quote his own words, "my sufferings during the winter time, especially in gloomy and rainy weather, are indescribable. For many successive nights I could not sleep at all, through the violence of the attacks, but was compelled to spend the whole time until daylight in an armchair, and was often in danger of suffocation. Even dropsical swellings of the calves set in. In spite of the tonic diet prescribed by the doctor (wine and plenty of meat), the body became more and more emaciated through suffering, and the stomach entirely destroyed by the various drugs. Irregular stools, palpitation of the heart, nervous depression, irritability, cold feet, cold hands, stress of blood to the heart, and racking fits of coughing, after each one of which a viscid, white foamy phlegm was discharged. My attention was directed to the Natural Method of Healing and to Mr. Bilz' book by the lecture given under the auspices of the Society for its propagation, and I experienced considerable relief from the hot compresses therein recommended, whereas the cold compresses prescribed by my physician had only aggravated my condition. As a course of treatment was not very feasible at home, on account of lack of help I determined to become a patient of the Sanatorium."

The examination disclosed slight dilatation of the heart and of the lung cells, mucous obstruction of the smaller vesicles of the lungs and bronchial tubes, chronic catarrh of the stomach and of the bowels.

In cases of such a serious nature and of such long standing, especially when the patient has reached a comparatively advanced age, drastic measures are not liable to be attended with success. We had to proceed slowly and to treat the whole body. Diet first claimed our attention. We prescribed the so-called non-stimulting normal diet, consisting of lean meat, plenty of fruit and vegetables, but no irritating spices or sauces, and no alcohol in any form; moreover sleeping in a well-ventilated room and taking plenty of out-door exercise, when the weather was mild and the air good. On Mondays and Fridays in the morning a box steam-bath (115°), lasting about ten minutes, followed by a full bath (88°), in order

to promote the external activity of the skin and nerves. In the afternoon of these days a hip-bath (81°) for ten minutes and a foot-bath (89°) intended to strengthen the stomach and bowels, and divert the stress of blood. On Tuesdays and Thursdays head steambath and jet, which application had a particularly alleviating effect on the racking cough, and caused a great deal of phlegm to be expectorated. On Wednesdays and Saturdays in the forenoon, foot steam-bath of fifteen minutes' duration, followed by knee-jet; and every afternoon massage of the chest, back, and body combined with curative gymnastics. To promote the activity of the stomach and bowels, as well as a regular circulation of the blood, an abdominal compress was put on every evening together with packs (77°) on the calves and left until the morning. Within a few days, after the prescribed diet had been adhered to, the bowels became regularly open, the phlegm in the lungs and stomach was soon discharged with ease, and, whereas the patient had formerly been unable to obtain any sleep for nights together, the abdominal compress and calf packs proved the best of sleeping draughts and far more efficacious than all the doctors put together .

A few violent fits of coughing occurred during his stay, but these were stopped in a few hours by means of hot compresses on the chest and back, enemata (95°), a pint at a time, and leg packs. Such attacks had, when the patient was at home, lasted the whole night through. The patient's condition improved beyond all expectation, and so rapidly, that after a month's treatment more vigorous measures could be adopted. Accordingly a steam-bath in bed was given three times a week, followed by full bath (77°). On the other days alternate upper and thigh jets preceded by head or foot steam-baths together with daily massage and curative gymnastics. At the same time a course of the so-called *Oertel* treatment was prescribed, consisting of daily methodical hill-climbing in the Sanatorium grounds, and plenty of out-door exercise, the result of which was that in a couple of months he put on over ten pounds, and left the Sanatorium in the best of spirits and with many expressions of gratitude. Lungs and stomach were freed from the viscid phlegm, the racking cough had entirely disappeared, and stomach and bowels were in a normal condition. The patient who had come to us doubting and incredulous, and whose friends and acquaintances had done their best to dissuade him from trying water quackery, as they termed it, had come to the conclusion that there was but one way of healing that really heals, viz., the Natural Method of Healing, and promised to live according to the teachings of this simple method.

ASTHMA CURED BY PROF. TRALL.

W. Campbell, of Waverly, Ill., 45 years old, was declared by the doctors to be afflicted with consumption, and alarmed in consequence he hurried to New York. On carefully examining him, I recognized his case as one of asthma, such as I had frequently seen, caused by aggravated congestion of the liver. His cough was extremely violent, mucous purulent discharges were very frequent, breathing was always difficult, and night sweats continual. After being treated by the Natural Method for six weeks, every symptom of disease disappeared and he returned home perfectly cured.

ASTHMA, WITH INFLAMMATION OF THE LUNGS.

Dr. Corvet, fifty-two years old, homœopathic physician of New York, had for twenty years been afflicted with chronic asthma. A cold, which he had contracted, brought on an unusually severe attack simultaneously with inflammation of the lungs, and this the doctors diagnosed as typhoidal pneumonia. His cough was incessant, expectoration difficult, breathing very troublesome, and in spite of large doses of opium he was unable to get any rest whatever. In this condition he was brought to my institution. In a week's time he was not only entirely cured of the inflammation, but more completely relieved of his asthma than he had been for many years, and was able to resume his professional duties.

ASTHMA CURED.

(By OTTO WAGNER, manager of the BILZ Sanatorium, Radebeul-Dresden.)

Mrs. *Mende,* of Leisnig, aged 74, consulted me on January 1st, 1895. She complained that she had suffered from asthma for five years, and that, while she experienced but little inconvenience in warm weather, her sufferings were extremely severe when the weather was cold and damp, and more particularly in winter time. In spite of drugs of all kinds she had got worse from year to year, and the attacks had of late been so violent every night that she had had no sleep for a long time and was afraid her end was near. She looked strong and healthy, and indeed felt perfectly well when free from attacks, except that she had difficulty in passing urine, which was sometimes retained for days. On examination, the lungs were found to be healthy, the heart slightly degenerated, and the region of the kidneys and bladder sensitive to pressure. I prescribed hip-bath daily (77°) for five minutes with foot bath; for the night, abdominal compress and wet stockings (77°) to promote the function of the kidneys, and massage of the whole body three times a week. Alleviation was produced in a short time, the condition of the patient became grad-

ually better, and on March 2d she told me that, in spite of the raw air, she felt extremely well, passed her urine regularly without difficulty, and slept well. So that in eight weeks the Natural Method of Healing, properly and sensibly applied, had effected what medicine had been unable to do in the course of many years.

ASTHMA CURED.

(From THEODOR HAHN's Book: "The Paradise of Health".)

I lived like the rest of mankind for sixty-three years, during the last thirty of which I was constantly tormented with asthma to such a degree that I finally lost my strength altogether, and could hardly stand upright or walk more than a few steps at a time. Last September, I had another attack and sent to town for Dr. *Deering*, who came to see me and stayed during the night to superintend my first treatment. Next day I felt better, in a few days quite well again. Being, however, afraid of another attack, I consulted him. He advised me to live a more natural life, and to leave off wine and coffee, both of which I was in the habit of taking. At the time I thought this would be impossible, but growing weaker again and my breathing becoming very troublesome, I saw that I should have to do something and made up my mind to follow Dr. *Deering's* instructions at all costs; gave up wine, coffee, fine flour, meat, salt, and all kinds of spice and fat. My neighbors thought I should probably continue this for a few days, and then, after getting worse, return to my old way of living, but I told them that I was compelled to try something, and that I was not responsible for my actions to anybody but myself. I have tried it now for seven months, and am more than satisfied. I am fully convinced that it is the only true way of living. My health and strength have continually increased, and I can work again and assist on the farm. As to cold, which I formerly took very easily, I have been quite free from it. I can stand any inclemency of weather, my breathing is easy, and I feel better than I have felt for many years.

I take two meals a day. My food consists of coarse wheat or rye-meal bread, fruit and vegetables, and, what seems strange to me, I have not once been really thirsty for the last four months, and I look forward to my health being in future as good as anybody's. Wishing you and every Natural Healer all success, I remain,

Yours sincerely,

A. F. Botenfuss,

Bunkerhill, Macoupin Co., Illinois, North America.

ASTHMA IN CHILDREN consists in the complete or partial closure of the glottis, effected by an inordinate stimulation of the motor fibres of the small nerves terminating in the larynx.

CAUSES. Spasm of the glottis, arising from inflammatory irritation of the laryngeal membrane, e. g., in croup, laryngeal catarrh, etc., from screaming violently, emotion or fright. Notwithstanding these accidental causes, this asthma is never met with in healthy children. An inherited or acquired taint (the latter through the nature of the nourishment with which the child is brought up), by morbid matter which is the true cause of all disease, must have preceded. Experience confirms our teaching that such children as have been weakened by lingering diseases, or are suffering from scrofula or hydrocephalus, etc., are generally attacked by spasm of the glottis.

TREATMENT.—Splash the face with cold water; apply a steam compress to the laryngeal region; the child should lie in a lateral position, with head bent forward; cool (60°) detergent enemata (contents, two large spoonfuls). Give fresh water in small draughts, vigorous friction to hands and feet. Further treatment must be in accordance with the patient's condition.

Asparagus, see "DIET."

Athletic Structure of Chest.

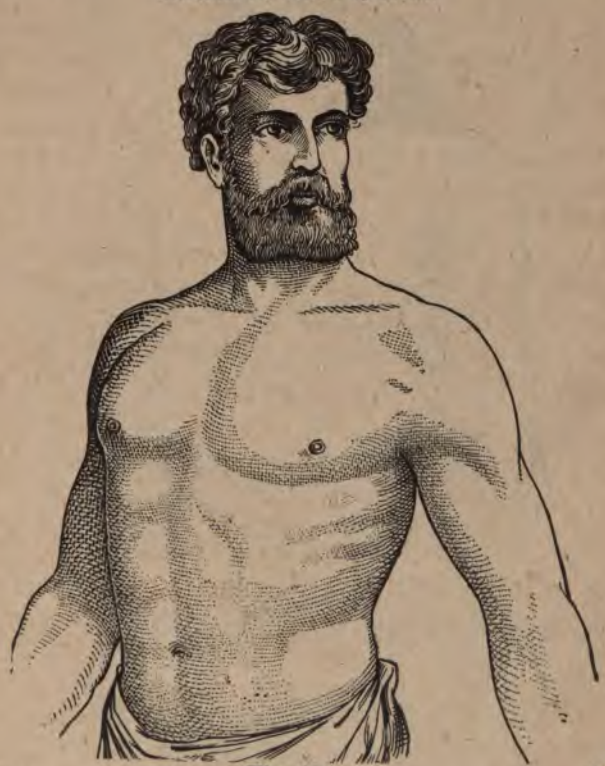


Fig. 18.

ATHLETIC (strong) structure, and consumptive structure, of the thorax.

For description see "CONSUMPTION OF THE LUNGS."

ATRESIA of the rectum with newborn infants. Must be operated upon the very first day after birth, or death will ensue.

Atrophy of the female mammary glands, see "DISEASES OF WOMEN."

Attempts at re-animation, see "ARTIFICIAL BREATHING."

Ausculation, see "METHODS OF EXAMINATION."

Consumptive Structure of Chest.

Fig. 19.

Axioms, having reference to chapter entitled "Diseases, How to avoid."

Axioms, which have reference to the healing of diseases of all kinds. See Index.

B.

BACKACHE, is frequently caused by hemorrhoids, rheumatism, and other diseases, e. g., affections of the uterus, anæmia, etc.

Rheumatic and hemmorhoidal pains in the back are often mistaken one for the other. The following are the distinctive features. With hemorrhoidal pains in the back, constipation and great heat are connected, but not with rheumatic pains. The former cease altogether with the patient's quiet position in bed, but not so the latter. With rheumatic pain the sufferer cannot stand upright without great effort, and prefers a stooping posture, which is not the case if the pains are hemorrhoidal, etc.

By neglecting the pain and allowing it to run its course, incurable curvatures of the body are not infrequently caused.

TREATMENT.—Must primarily, of course, be such as to cure the original disease, and remove its causes.

Then a steam-bath should be taken daily, with Kneipp douche after it, or steam-bath in bed, combined with vigorous (73°) rubbing with a wet towel of the whole body, and slapping and stroking (massage) of the back. For rheumatic pains, soothing trunk packs at night, which must be changed when the pains increase. Enemata, if the bowels are constipated. Fresh air is essential.

Another treatment. A tepid (73°) wet rubbing of the whole body with bare hands in the morning; shortly after, a soothing lukewarm (77° —86°) partial, or three-quarter pack, reaching just below the calves. The pack to be changed when the patient gets quite warm in it, the wet sheet to be doubled; enemata, etc., as before. Warm, or, as the case may require, hot compresses and baths will relieve the pain. Massage treatment here consists in rubbing and stroking the back. For Modes of Application, see Index; see also "BACK, PAINS IN THE," etc.

BACK, PAINS IN THE, result from various diseases and may be the first symptoms of other ones, e. g. diseases of the uterus, spinal cord, kidneys and hæmorrhoidal complaints. In lumbago the pains are chiefly in the loins and small of the back, as also in small-pox, yellow fever and in labor particularly.

TREATMENT.—Removal of the cause and absolute rest in a comfortable posture in bed. Soothing, combined with derivative or detergent treatment should be applied, and a lukewarm enema should be given. The following will also be found suitable: foot or half steam-baths followed by a bath (88°) combined with gentle friction and stroking of the affected parts, also one or two lukewarm (82° to 86°) hip baths daily, for lumbago, full steam-bath or steam-bath in bed succeeded by bath or douche and slapping massage on the affected parts. Local steam compresses, fol-

lowed by cool sponge bath and massage of the part affected is beneficial in lumbago.

Pains in the back during labor can be reduced by applying compresses to the painful places, also by stroking and rubbing. See also "BACKACHE". For Modes of Application see Index.

Bacilli, see "BACTERIA".

Bacteria of the Oral Cavity and Teeth.

Fig. 20.

Pus Bacilli.

Fig. 21.

BACTERIA or Schizomycetes live singly or together in cells, or are held together in clusters by gelatine formed of their cellular membrane; they grow lengthways and split in the centre, hence their name.

Gonococci.

Fig. 22.

Splenetic Bacilli.

Fig. 23.

The schizomycetes are the smallest living organisms in existence. Magnified 2,000 times, they then only appear like a dot in this book. A

milliard (1,000,000,000) of these bacteria occupy no more space than a pin head. There are spherical and oval (or cocci, micrococces), rod-shaped or bacilli, and screw-shaped or spirillæ. In our opinion they are organisms created in the body. The so-called modern science explains them as originators of diseases, and asserts that one of these infinitely small creatures must have first got into the system to compass its destruction.

Taking the standpoint of the simple and popular system of treating disease, we look upon these bacteria as everywhere existent, and as the product only of disease, and even question their power to affect a healthy person. Where there exists no favorable feeding ground for these

Diphtheria Bacilli.

Fig. 24.

Cholera Bacilli.

Fig. 25.

monsters they must perish. And if such a coccyx, bacillus, spirilla is to exist, it requires, in the first place, good food, consisting of remnants left by the process of assimilation, remains of food (left in the stomach undigested), or any fermenting matter; in the second place it must have sufficient moisture; thirdly, warmth (warmed rooms, not aired ones); and fourthly, a little rest (people averse to exertion).

These tiny creatures are first mentioned by Athanasius Kircherus, a Jesuit, in the year 1671. He discovered them in some decaying matter by means of a very imperfect microscope. The researches on the new discovery were prosecuted with the utmost zeal, distinctions soon drawn between various classes, and at the present day Bacteriology has developed to such an extent that it almost forms a science of itself.

Bacteria are divided according to their form into three groups,

1. Spherical bacteria (Micrococci). This name is applied to those bacteria which assume the shape of a ball immediately after the mother cell has been divided into two daughter cells.

2. Rod-shaped Bacteria (Bacilli) assume the form of a rod, i. e., the average length exceeds in extent the average breadth.

3. Screw-shaped Bacteria (Spirillæ) are like a corkscrew in shape. To this class belong the so-called comma bacilli, the most familiar type of which is the cholera bacillus, the supposed cause of the cholera. The average size of a single bacteria cell is about the thousandth part of a millimetre.

The annexed illustrations show the different forms of the bacteria magnified one thousand times.

Elastic Thread-like Mucous Expectorated by Consumptives.

Fig. 26.

Bacilli in Pure Drinking Water.

Fig. 27.

Fig. 29 shows every possible form of bacteria, spherical, rod-shaped and screw-shaped, combined in one picture. The material comes from deposit on the teeth. Figs. 21 and 22 show us types of spherical bacteria (Micrococci). Fig. 23 displays a form of cocci where the cells mostly appear in long chains, called chain cocci or streptococci; this preparation is taken from common pus or matter.

Fig. 21 is a type of coccyx which has this peculiarity that it comprises a number banded together, consisting of two parts which, although they hang together, are already beginning to separate; such bacteria are called Diplococci. The diplococci represented in our illustration Fig. 22 come from gonorrhœal matter, and are then called the cocci of gonorrhœa. Figs. 23 to 25 are examples of the rod form of the bacteria; i. e., the bacilli, Fig. 23 representing the splenetic bacillus, Fig. 24 the diphtheria bacillus as it is often found in cases of diphtheria. The latter is distinguished by its long slender rod shape. Finally Fig. 25 is an example of the screw-shaped Bacteria or Spirillæ, the so-called Vibrione or comma

bacilli of Asiatic cholera. To this type of bacteria belong also the spiral shaped windings in Fig. 20. As regards the conditions under which the bacteria live, we may say that, as with all other organisms, their first need is water. Next for their growth and development they require organic matter, albumen being best suited for this purpose. Besides, in order to thrive properly, it is necessary for them to have a certain basis or resting place which must be of an alkaline nature. All bacteria are more or less sensitive to the action of acids; they do not all need air, i. e., oxygen. Many thrive best entirely without air, others on the contrary with the addition of oxygen. Finally, it has been discovered that each kind of bacteria flourishes best in a certain special temperature varying from 20° to 70° centigrade.

Bacteria can only be destroyed when deprived of the conditions which are favorable for them, or when external and destructive influences

Bacilli in Bad Water.

Fig. 28.

Syphilis Bacilli.

Fig. 29.

are brought to bear on them; in the latter are included, besides high temperature, chemical agencies, desiccation, light and electricity. All the above means have been employed to destroy the bacilli which are regarded by the majority of medical men as the cause of illness. Some very successful experiments have been made in the laboratory, but in their practical application to the human body these means prescribed have without exception been utter failures, principally because the means by which the bacilli can be killed, especially heat and chemical substances, are much too powerful, and destroy the human organism much sooner than they do the bacilli. Besides it is still quite an open question if bacilli are to be regarded as the source of illness at all. Practical experiments

have clearly proved that under certain circumstances they must be looked upon as such, but, on the other hand, experiments have been made which have established the fact that under different circumstances the same bacilli have not succeeded in causing the supposed illness.

Bacilli of Consumption.

Fig. 30.

Crystals Found in the Urine of Sufferers From Rheumatism and Gout.

Fig. 31.

Sediment Found in the Urine of Persons Afflicted With Kidney Diseases.

Fig. 32.

Blood Corpuscles Found in Urine.

Fig. 33.

During the last cholera epidemic (1892) Geheimrath von Pettenkofer, the celebrated authority on hygiene, ate some pure cholera bacilli, being convinced that these bacilli could do him no harm, and wishing to prove this in the most positive manner to the whole world and especially to his scientific opponents (Koch, etc.). Pettenkofer by no means maintains that under no circumstances could bacilli produce certain illness, but that

a special local and personal disposition is necessary as well, i. e., that the local and personal conditions must be especially favorable for the bacilli to thrive. As far as the latter statement is concerned, it is no doubt true that a healthy body treated according to the laws of the Natural Method of Healing, would afford the most unfavorable field for the bacilli, and that so far from being able to hurt such a body, they would themselves be destroyed, because they would not find the conditions necessary for their development. So, while the supporters of the Natural Method of Healing have no special dread of those tiny creatures, it would be absurd to attempt to deny the existence and the activity of bacilli altogether, as certain prominent champions of the Natural Method of Healing do.

It is at present still an open question what part bacilli have in producing disease, in fact, in what relation they stand to illness. It will probably be reserved for a later age to solve the question whether and under what conditions bacilli are to be regarded as causing disease, whether they are merely the accompaniment of disease, or are only formed in consequence of illness.

In addition to the bacilli just described we annex a few illustrations, Figs. 28 to 30, of bacilli and microscopic preparations, phlegm of a consumptive person, sediment of the urine of sufferers from gout, rheumatism and inflammation of the kidneys.

Back, Affusion, see Index.

Back, Brush for the, see Index.

Back, Massage of the, see Index.

Back Rubber, see Index.

Back, Swimming on the, see "SWIMMING".

Bacilli, see "BACTERIA".

Bad Breast, see Index.

Bad Drinking Water, How to Improve, see "CHOLERA".

Bad Finger, see "WHITLOW".

BAD HEALTH, or Treatment for Every Illness, Even Though the Name be Unknown.

The uninitiated cannot always know the nature of a disease; and not only these, but in many cases even physicians, are ignorant of it, for their diagnosis (distinguishing the character of a disease by its symptoms) is most deceptive, and it is often the medical men who err in this respect that have acquired a great name as authorities—I must tell the reader that the name of the disease is of no consequence whatever. When a person is ill his whole body suffers; and the whole body must in the first place always come under treatment.

The best thing, suitable for every patient, is always the universal remedy, the steam-bath in bed, No. 1, and he should never wait till the disease has quite broken out and till he knows what disease it is, but the great point is to nip it in the bud, to take preventive measures at its very first appearance. (See on this subject "FALLING ILL".)

For the application of a steam-bath in bed, the following rule is to be observed:

In acute attacks of illness, attended with fever, the patient is kept in the steam-bath for from half an hour to one hour, but above all, only as long as he feels comfortable, and until the fever has again obtained the upper hand. It should be followed either by a lukewarm bath (88°), or by wet rubbing of the whole body in tepid water (73°). It may be repeated as often as required.

An extra compress is applied to inflamed and painful parts of the body during a pack, which may frequently be substituted here for the steam-bath in bed.

In chronic (protracted) diseases, however, the duration of the steam-bath in bed is usually one hour to one and a half hours, and even longer, and from two to four of them are given weekly; an extra compress may also be applied in this case to the affected part. A bath or rubbing with wet towel of the whole body should follow the pack as above described. I must not omit to mention here that the patient must be taken out of the pack the moment he feels uncomfortable in it, a point to be strictly observed in all diseases, whether acute or chronic.

In acute cases (when there is fever), the linen sheet should not be wrung so dry as in chronic cases.

Besides the steam-bath in bed, the abdominal compress (which may also justly be designated a universal remedy), can be applied. In cases when the conditions of illness assume a feverish character, a somewhat thicker linen sheet is used, dipped in tepid water (73° to 77°), wrung out less thoroughly than usual, and put round the body. It is changed as soon as it gets hot or irksome. In chronic diseases, on the other hand, a sheet less thick is employed, wrung out well and applied (if in the day-time) from two hours to four hours in bed; if in the evening, it may be left on all night. Be it again expressly mentioned that in every disease the air must be fresh, in or out of doors (sleep with the window open); in most cases the diet must be non-stimulating; above all, the bowels kept open, if neccessary by means of enemata, which should also be applied for detergent purposes. For Modes of Application, see Index. In case of obstinate constipation we refer also to Enemata "CONSTIPATION", further, "CONVALESCENCE" and "MEDICINE, OPINIONS OF MEDICAL MEN ON TAKING".

If, therefore, a member of your family falls ill, apply with confidence the universal remedy, the steam-bath in bed, and with the aid of the other healing agents mentioned here,—fresh air, etc.—you will be successful in most cases.

But to give the reader a better idea of the subject, and a more general survey of the comprehensive heading "BAD HEALTH", I will give some special instructions on this subject.

TREATMENT OF ACUTE, I. E., INFLAMMATORY DISEASES, ATTENDED BY FEVER. The first thing is to examine the patient, whether his temperature is higher than usual (normal temperature is 98.6°). See Fever-Scale and Thermometer. With the hand feel his head, chest, stomach, feet; where the heat is greatest, *there* is the seat of the disease and the inflammation.

Either sponge bath of the whole body with tepid water (73° to 81°) is applied in the first place, or a lukewarm bath (88°) and the patient then put to bed; or steam-bath No. 1 applied in bed, or some fever treatment (see IBID.), a cool enema is likewise administered at once; for it is an inviolable principle, when combating disease, not to apply treatment to a single part of the body only, but at the same time to the whole of it.

If, during the examination of the body, as directed above, the greatest amount of heat and pain should be found to exist in the throat, pointing to croup or diphtheria; or in the chest, indicating inflammation of the lungs; or in the sides, suggesting pleuritis; or in the abdomen, implying intestinal inflammation of some kind—then a soothing compress or pad should be put on the affected part. If the head should be hot, combined with violent headache—symptoms which may point to inflammation of the brain or its membranes—cool compresses are placed round the head. Together with these cool compresses or pad round or on the throat, chest, stomach, head, etc., which should be changed when warm, a derivative treatment must, particularly if the pain does not diminish, be applied at the same time. It consists in stimulating packs for foot and leg, and calf also partial packs, etc. (see Index); for cold feet a hot-water bottle, wrapped in a wet cloth, may also be applied to them, or a foot steam-bath given previously. Or instead of the derivative treatment, a steam-bath in bed may be given, with a thick extra compress round the affected part. Duration half an hour to an hour, as it agrees with the patient. This application is continued (or, if agreeable, it may be alternated with some other fever treatment), and repeated as long as the heat (the fever and pain) greatly increase. The greater the heat, the thicker and wetter the cooling or soothing compresses or pads, and the more frequently they must be changed.

If there is costiveness, apply treatment given under "Enemata" and "Constipation". If there are violent pains in the intestines, etc., warm or hot compresses should be applied frequently, especially if the pain in the stomach does not diminish. In all diseases with attendant fever, keep the window always open, and sometimes the door, too; the couch should be cool, and feather-beds avoided as much as possible; the diet must be cool and non-stimulating. If the patient shivers, vigorous dry or wet rubbing must be applied; and afterwards a dry-pack, or a steam-bath in bed instead. If he perspires in this, it should be succeeded by a bath (86°—88°). If after this treatment a rash appears (the purples, small-pox, or pustules, denoting scarlatina, measles, etc.), it may be considered a very favorable sign, because with them the morbid matter in the body is generally thrown off, and the illness assumes a mild character.

In order to entirely remove all foreign substances from the system, it is advisable to give the patient affected with the purples or the small-pox a few more steam-baths in bed, or stimulating three-quarter or full packs, in which he will perspire gently; and to follow up with a bath.

In small-pox, constantly apply compresses to the face to prevent the troublesome itching which causes the patient to scratch his face, resulting in its being pitted. For further information we refer to article on Small-pox.

Diarrhœa, see Index.

Inflammation of the Eyes and Ears, see Index.

Inflammation of the Cavities of the Mouth and Gullet, and exudation of morbid matters from them, e. g. croup, etc., are treated with cooling compresses round the throat, to be changed every fifteen minutes; or, according to necessity, coupled with a detergent or derivative treatment and gargling with tepid water (68°—77° every hour).

As already mentioned, steam-baths in bed, duration from one hour to an hour and a half, together with thick throat compresses (73°), are most efficacious. In this complaint it is also essential to give cooling, non-stimulating diet, frequent gargling or drinking of moderately cold water, nose baths, mild pure air for breathing, detergent enemata, massage of the neck and back (slapping the back). Care should be taken to keep the feet invariably warm. In acute diseases of the throat, such as croup, diphtheria, see Index. See also "Children, Diseases of."

Treatment of Chronic, i. e. Protracted Diseases. For the cure of chronic diseases, of whatever kind, a strengthening or, according to the case, a regenerative treatment, is of primary importance, in addition to the often mentioned steam-baths applied in bed.

A perfectly equal distribution of the blood throughout the system is one of the first things to be aimed at; should the patient's feet be

constantily cold, rubbing of the feet with a wet towel must be resorted to as a remedy; in addition to foot steam-baths, foot-baths, followed by walking exercise, walking barefoot, etc. See also "FEET, COLD."

Chronic constipation must be removed by fruit diet and wholemeal bread, as well as by frequent and regular enemata and massage of the stomach, and hip-baths combined with massage of the stomach. Consult, further, "ENAMATA" and "CONSTIPATION."

Further, in chronic complaints great attention should be paid to the skin. Wet rubbing of the whole body with cool water (73° to 77°) or a lukewarm bath (86° to 90°) must be applied daily. For weakly people or persons not used to water, the water may be taken from two to four degrees warmer. Always begin with water that is not too cold and lower the temperature very gradually.

The system of a cronically affected patient having been improved by the above means, a more regulated treatment may be entered upon for the purpose of strengthening the affected organs and removing from the system the morbid matter and all impure substances existing in the blood. This is only accomplished by sweating cures, such as steam-baths in bed, stimulating packs, etc. But the patient must perspire gently, and often very gently indeed. Excess must always be avoided. Do not try to force perspiration; it will come of its own accord at the proper time.

The stimulating abdominal compress, if continually used at night for a length of time, will of itself eliminate a great quantity of morbid matter from the body; and many a chronic sufferer has been restored to health by it alone. Indeed, most astonishing results are obtained by it. (This compress, i. e. the sheet, must be washed thoroughly in warm water and rinsed in cold every day; and every week it should be washed with soap and boiled and dried in the open air, in order that every atom of discharged matter may be removed.) Breathing exercises, curative gymnastics, and massage must also be employed. Many chronic complaints may be treated with the regenerative, sometimes with the preliminary, treatment. Enemata, besides being applied in constipation, should also be given for derivative purposes.

If, after a lenghtened application of steam or sweating packs or compresses, etc., eruptions such as abscesses, herpes, etc., should appear, they may be looked upon as favorable symptoms.

FOR CHRONIC AFFECTIONS OF THE HEAD OR BRAIN, which may perhaps be of a gouty or rheumatic nature, compresses round the head (more or less wet, as the patient's feeling prompts), to be changed more or less frequently, together with head douches may be combined

with derivative treatment. In the same way head-baths, steam-baths for the head, nose, forehead, and mouth baths; as well as gargling (77° to 90°); dry, and wet full-packs; followed by bath are all highly beneficial.

In Chronic Affections of the Eyes the following applications are advised: Eye-baths (73° to 89°) opening and shutting the eyes in the water, gentle massage in water, massage of the eyes and throat, throat compresses, washing the eyes, bathing the head or back of the head, and derivative treatment, as well as abdominal compresses at night. Non-stimulating diet. The patient would also do well to have a sweat-pack occasionally; see "Sweating Cure." For chronic congestion of blood in the head, apply now and then cool rubbing of the feet, and stimulating packs of the legs and feet at night; as well as derivative hip-baths. See also "Diseases of the Eye."

In Chronic Diseases of the Ear use frequent gentle injections with tepid water; head-baths and head steam-baths; ear-baths and ear steam-baths; neck compresses, massage of the throat; masticate vigorously (hard crusts of bread); and, after the injections, put at night wet cotton-wool into the ear. See also "Deafness."

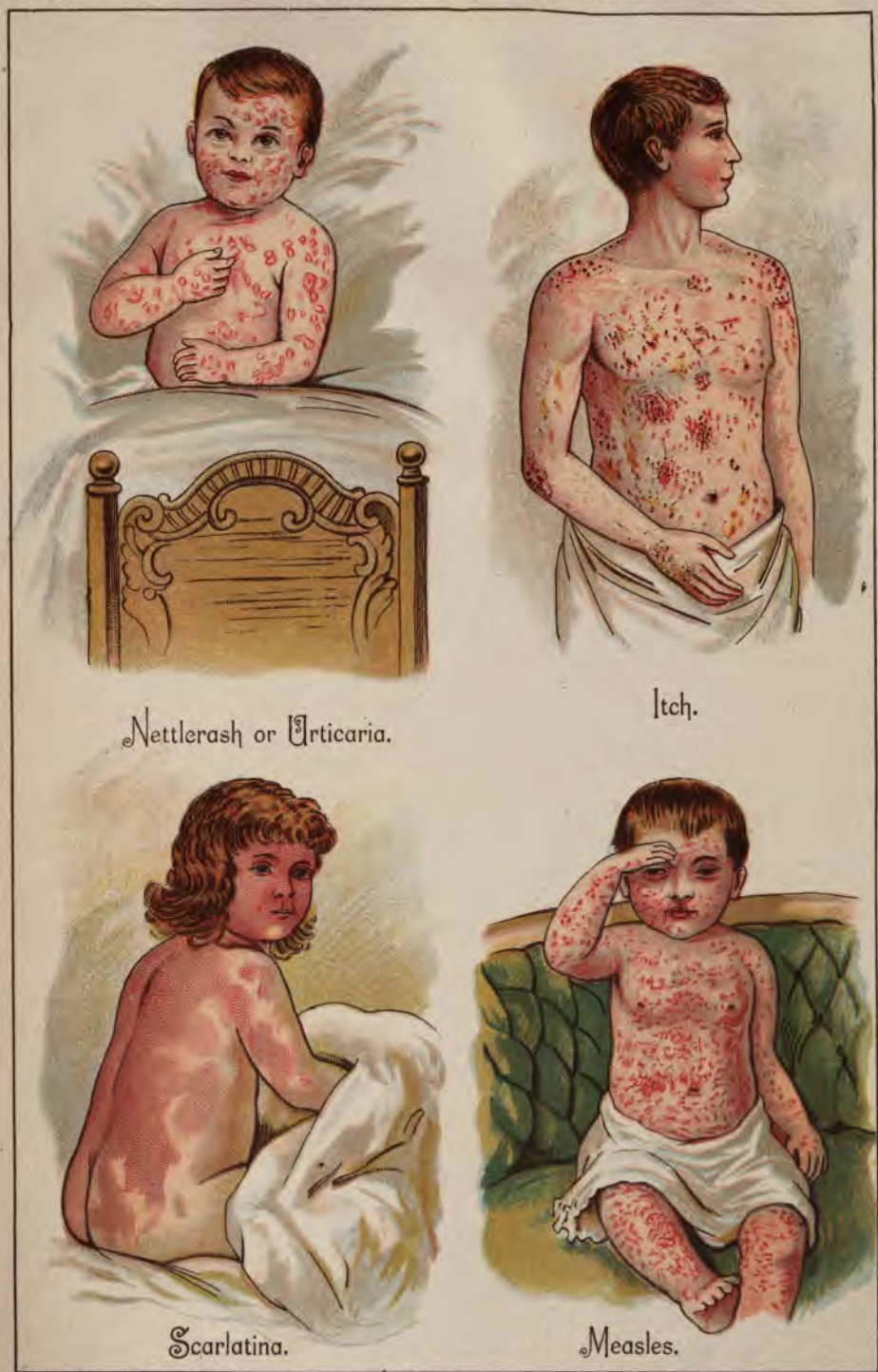
In Abscesses or Eruptions on the head, or in the face, apply stimulating, dissolving, local compresses; stimulating or dry full or three-quarter packs; or steam-baths for the purpose of perspiring. A bath or wet rubbing of the whole body daily; detergent or derivative treatments as well. See also "Cutaneous Eruptions," "Abscess," etc.

In Chronic Diseases of the Throat (internal or external) wash the throat frequently with cool water and expose it to the air. Further, apply local stimulating compresses, tepid garglings, bathing the mouth, and detergent treatment. Also a steam-bath in bed now and then is beneficial, besides other sweating cures. Massage of the throat for internal affections.

In Chronic Affections of the Chest or Lungs, e. g. chronic catarrh of the lungs, etc., with viscid expectoration, apply daily one or two gentle wet rubbings of the whole body; or bath, stimulating trunk and leg packs at night (the latter only if the other should not suit the patient), trunk and shoulder pack in bed during the day. Repeated gargling, drawing water up the nose, breathing exercise; and a sip of water taken after every fit of coughing. Derivative treatment; bathe the mouth, and apply wet or dry full or three-quarter packs for the purpose of perspiring, or give steam-bath in bed. Fresh air, and sleep with the window open.

In Induration of the Breast, use stimulating, dissolving compresses on the place, made of linen folded many times. When the

Children's Diseases.



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Healing successes

at the Bilz Natural Healing Establishment

Dresden-Radebeul, Germany.

Healing Catarrh of the Lungs and Phlegm in the Throat.

Mr. W. of Dresden suffered a short time ago with Catarrh of the Lungs and Phlegm in the Throat and often exceedingly painful asthmatical complaints, so that he was hardly in the condition to be able to move for some 5—10 minutes at a time. The cough also particularly disturbing him during the night.

After four weeks treatment consisting of mild half steam baths, scotch packs, lukewarm baths, several daily inhalations, nightly trunk packs and nonstimulant diet, he was freed from his sufferings. In the third week of treatment, he could take long walks with ease and returned with renewed vigour and strength to his occupation.

Healing of Stomach Complaints.

Mrs. W. of P. on the 20th. of April 1897 took a touching farewell from her relatives and friends, both she and they believed, they would never in this life, see one another again.

Mrs. W. according to the opinions of several doctors, was suffering from cancer in the stomach, and in their view every chance of recovery was hopeless, though in her extreme necessity, as the drowning man clutches at a straw, she was determined to make one more trial, and that with the Natural Method of Healing. Her confidence in it was by no means great, at least, as a careful woman, she at first put her domestic affairs in order, made her will and then went in God's name to the Bilz Natural Healing Establishment.

She arrived here in a very pitiable condition. Pale face and with deep sunken eyes which stamped her as one being very ill. The chief complaints were Nausea, Heartburn, Vomiting, Pain in the regions of the Stomach radiating to the back and shoulders. The examination showed that the stomach was not a little enlarged, and very sensitive to the touch, also one could plainly feel a hardness through the bandage on the lowest part of the stomach. This was no doubt the chief cause of the complaint, and it was necessary above all things to disperse and remove this accumulated morbid matter. To this purpose, part and full packs, further vapour baths alternating with baths and jets, as well as massage were resorted to. In order to renew the activity of the stomach, a slight electric treatment was applied to same daily. The diet was naturally entirely non stimulant, light yet nourishing.

After a short course of this treatment, we had the pleasure of seeing, from the sides of the stomach, the disorder become less, namely the pains, the heartburn and the nausea ceased, whilst the appetite little by little returned. With the improvement in the condition of the stomach, appeared also a general improvement in strength and with it returned again the old love and pleasure of living.

The patient after six weeks treatment, could return restored to her relatives and friends, which she had before given up.

Cure of Rheumatism, Sleeplessness and Costiveness.

Mrs. Z. a lady of independent means of Teplitz, age 53, on entering our establishment, complained of headache, inertia, sleeplessness, rheumatic pains and continual costiveness. The examination showed abdominal-plethora and muscular rheumatism, slight fatty degeneration and weakness of the heart; the lady was very corpulent, she weighed about twelve and a half stones. The treatment included the following: — massage, sunbaths, dry diet, body packs and methodical exercise. Soon the working of the bowels became regular, sleep returned and after six weeks, the weight of the patient was reduced by nearly nine pounds. She could now journey for hours at a time and takes pleasure in saying, that, to her, the stay in our establishment, proved more beneficial than a course of treatment in Carlsbad.

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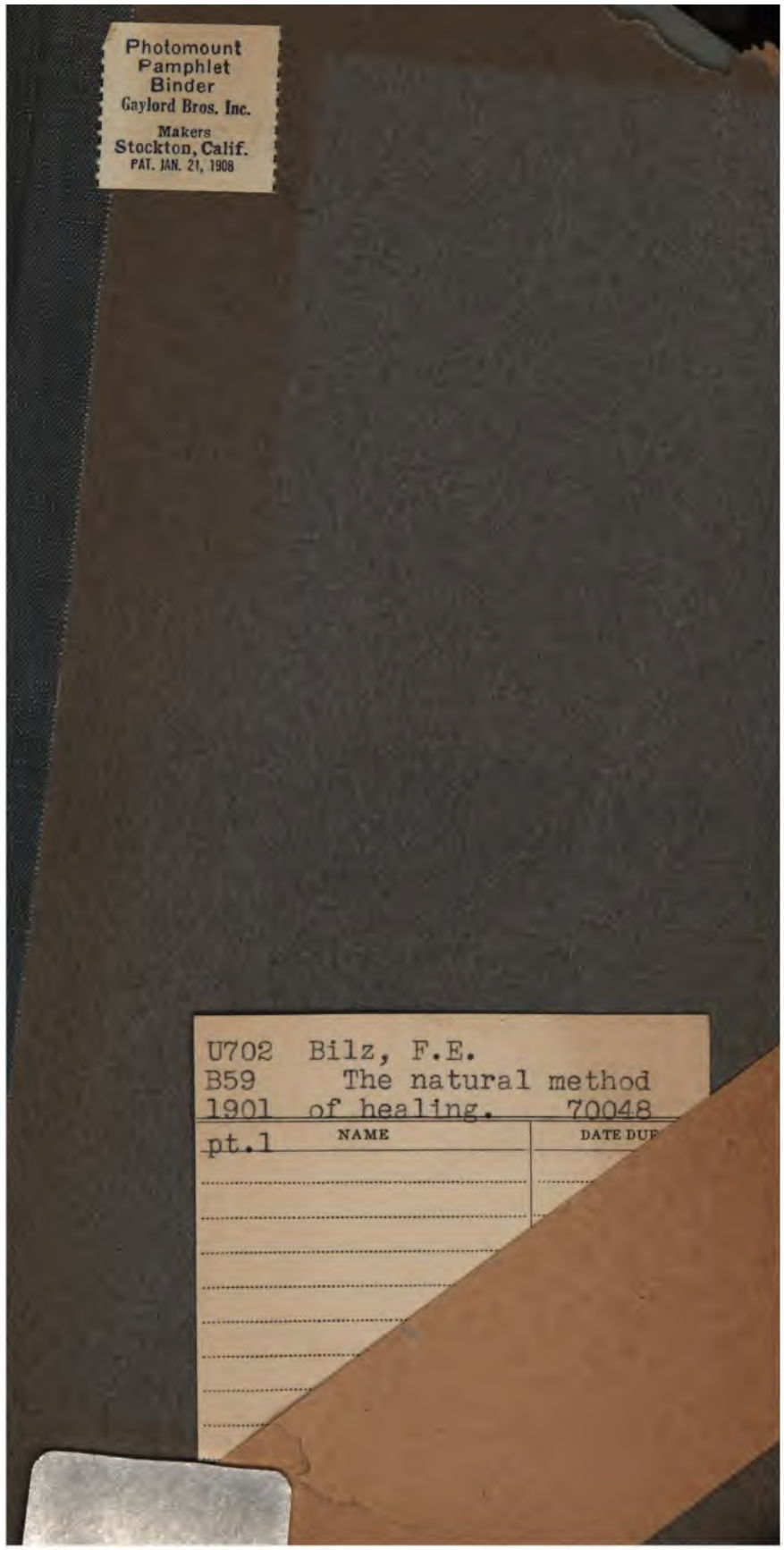
The Bilz Sanatorium

DRESDEN - RADEBEUL (Germany)

3 certificated doctors. — Beautiful high position. — Favourable results. — Prospectuses free.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Pamphlet
Binder
Gaylord Bros. Inc.
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Stockton, Calif.
PAT. JAN. 21, 1908
U702 Bilz, F.E.
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